

## BRAIN MUFFINS

½ cup unsweetened applesauce  
¼ cup olive oil  
2 medium sweet potatoes  
½ cup white sugar  
½ cup brown sugar  
1 cup wheat flour  
½ cup quick oats  
½ cup wheat bran

¼ cup flax seed meal  
2½ teaspoons baking powder  
1½ teaspoon baking soda  
½ teaspoon salt  
2½ teaspoons cinnamon  
1 teaspoon vanilla  
¼ cup milk  
½ cup semi-sweet chocolate chips

### Directions:

- Boil sweet potatoes in water with *cloves*, *nutmeg*, and/or *cinnamon* until tender.
- Preheat oven to 330.
- Let potatoes cool.
- Peel and mash potatoes
- Mix in applesauce and oil, then blend in sugars. Set aside.
- In a separate bowl, mix together all dry ingredients.
- Slowly blend dry ingredients to the moist, gently stirring with a spatula.
- Add vanilla and milk to the mix and blend well.
- Mix in chocolate chips.
- Spoon mixture into muffin tin or stoneware, and bake for 35 minutes on the middle rack. Place on middle rack to prevent drying.
- Enjoy piping hot or cool.

Yield: 12 muffins.

Grace Gaertner

Panola County

Junior - Bread and Cereals