



Recipe from: [My Catholic Tradition](#)

## SWEET POTATO MUFFINS

Makes 12

6 oz sweet potato  
2 cups self-rising flour  
1 cup finely grated Cheddar cheese  
3 1/4 oz butter, melted and cooled  
1 egg, lightly beaten  
3/4 cup buttermilk

1. Preheat the oven to 350°F.
2. Brush melted butter or oil into 12 deep muffin tins.
3. Finely grate sweet potato.
4. Sift flour into large mixing bowl.
5. Add sweet potato and cheese, stir to combine.
6. Make a well in the center.
  
7. Add butter, egg and buttermilk all at once to dry ingredients.
8. Using a wooden spoon, stir until ingredients are just combined; do not overbeat.
9. Spoon the mixture into the prepared muffin tins.
10. Bake for 25 minutes, until puffed and lightly golden.
11. Turn onto a wire rack to cool for 10 minutes before serving.
12. Serve warm with butter.

### Notes:

Cook just before serving. Muffins are best eaten on the day they are made.