

# FUSION

## FITNESS STUDIO

### NUTRITION PER SERVING:

<b>CALORIES</b>	134
<b>PROTEIN</b>	9 G
<b>CARBOHYDRATE</b>	10 G
<b>TOTAL FAT</b>	6 G

<b>PREP TIME:</b>	35 MINUTES W/ PRE-COOKED SWEET
<b>COOK TIME:</b>	25 MINUTES

<b>YIELD:</b>	12 SERVINGS
<b>SERVING SIZE:</b>	1 MUFFIN

### INGREDIENTS:

<b>1 C</b>	ALMONDS (OR ALMOND FLOUR)
<b>10</b>	DATES, SOAKED IN HOT WATER FOR 10 MINUTES
<b>1 C</b>	BAKED SWEET POTATO, SKIN REMOVED
<b>1 C</b>	VANILLA FLAVORED PROTEIN POWDER
<b>3</b>	ORGANIC EGGS
<b>1 TSP</b>	VANILLA EXTRACT
<b>1 TSP</b>	GROUND CINNAMON
<b>½ TSP</b>	GROUND NUTMEG
<b>¼ TSP</b>	BAKING SODA
<b>1 PINCH</b>	SEA SALT



## SWEET POTATO MUFFINS

- 01** Poke a sweet potato all over with a fork and bake at 425 degrees F for 40 minutes. Remove the sweet potato from oven when done and reduce the oven temperature to 350F.
- 02** Allow the sweet potato to cool, and remove the skin.
- 03** Pulse the almonds in a food processor until finely ground. Add the remaining ingredients to the food processor and pulse until fully combined.
- 04** Generously grease a 12-muffin tin with coconut oil. Divide the batter between the 12 muffin tins and bake for 15-20 minutes.

