

## Gluten Free Sweet Potato Cranberry muffins

### Ingredients:

1c almond flour  
2c gluten-free all purpose flour  
2 tsp baking soda  
2 tsp baking powder  
½ tsp sea salt  
1 tsp ground ginger  
1tsp ground cinnamon  
½ tsp ground allspice

¾ c olive  
2c mashed sweet potato or canned pumpkin  
3 eggs or less (adjust with more olive oil and/or ground flax)  
2 Tbsp maple syrup

¾ c dried cranberries.

Mix dry ingredients in one bowl. In a separate bowl whisk together the eggs, oil, maple syrup and mashed sweet potato. Add the wet ingredients to the dry ingredients mix well. Add the dried cranberries. Fill greased muffin tins and bake at 350° for 20-25 mins.