

# Sweet Georgia Muffins

*Family-size serving*

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## Ingredients

- 1 1/2 cups sugar
- 3/4 cups vegetable oil
- 2 eggs
- 29 ounces canned yams, drained and 1/2 cup liquid reserved
- 2 1/2 cups flour
- 1/2 teaspoon salt
- 1 1/4 teaspoons baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon allspice
- 1 1/4 teaspoons cinnamon
- 3/4 teaspoon nutmeg

## Directions

1. Preheat the oven to 350 degrees. Grease a 9x13 baking dish.
2. In a large bowl, beat together sugar, oil, and eggs.
3. Drain yams and reserve 1/2 cup of liquid. Add yams and beat until well blended. Then beat in reserved liquid.
4. Combine dry ingredients and add to sweet potato mixture. Fold into batter until just blended. Do not over mix!
5. Pour into greased pan and bake at 350 degrees for 30-40 minutes or until a toothpick inserted comes out mostly clean (one or two crumbs is okay!)
6. Let cool mostly before slicing and serving.
7. Preheat the oven to 350 degrees. Grease a 9x13 baking dish.

*Greystone*