1. Preheat the oven to 350° F.
2. Put all ingredients into a blender or food processor. Blend until smooth.
3. Line a 12-cup muffin tin with paper liners and evenly pour batter into 9 of the cups.
4. Bake for 20 to 25 minutes, or until a toothpick inserted in the center of a muffin comes out clean.
5. Let the muffins cool completely before eating. Store extras in fridge for up to 5 days or freeze for up to 3 months. Thaw frozen muffins in fridge for a couple of hours before eating.
Potatoes Can Power Your Performance:

A BY-THE-NUMBERS LOOK AT HOW

Potatoes Can Power Your Performance:¹

26 Grams of Quality Carbs 110 Calories for Energy 620 Milligrams of Potassium

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¹ Nutritional data is based on a 5.2 ounce skin-on potato.