

Sweet Potato & Pea Muffins with Pepper Ketchup

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by Natasha Corrett, Mumsknowsbest.com



Makes 6 large muffins

290g raw sweet potato (200g pre cooked)
150g plain flour
1 tsp baking powder
1 tsp bicarbonate of soda
1/4 tsp salt
100g butter
100g yoghurt
1 egg, beaten
60g frozen peas
40ml cold water

Ketchup

70g vine tomatoes
1 red pepper
1 tbsp tomato puree
2 tsp olive oil

These are wonderful as a snack or a full meal, with lots of hidden veggies. This simple dish has 4 different vegetables, and is packed with protein and fat making it a meal in itself.

1. Pre-heat oven to 180 degrees fan. Line a muffin tray with 6 cases.
2. Put the whole sweet potatoes into the oven and cook for 50 minutes until they are soft through. Leave to cool so you can peel the skin off.
3. Put the plain flour, baking powder, bicarbonate of soda, salt into a bowl and mix well.
4. Melt the butter on low heat, you do not want to boil or burn it. Put the sweet potato flesh into the butter and mash with the back of a fork. Mix in the yoghurt, cold water and egg and stir until combined.
5. Pour some boiling water over the frozen peas in a separate bowl. Once defrosted, in your hands squeeze them so they pop and put in with the butter mixture. (It is really important to squeeze them all as a pea is the perfect size to get stuck in a babies airway).
6. Mix the wet ingredients into the dry. Spoon the mixture into the muffin cases. It makes 6 so make sure you fill to the top.
7. Put into the oven for 20 minutes until golden and a skewer comes out a little moist.
8. While they are in the oven make the ketchup by putting the tomatoes, red pepper, puree and olive oil into a blender and blend until velvety smooth. Pour the mixture into a saucepan and cook on a medium to low heat for the rest of the time the muffins are in the oven (approx 10 minutes). Take off the heat and leave to cool.
9. Take the muffins out of the oven when ready and leave to cool. Serve with the ketchup.