HEALTHY TIPS

Anti-Inflammatory Coconut And Sweet Potato Muffins with Ginger, Turmeric And Cinnamon

By bestfolkmedicine · 23/11/2018 · 2 min read



For a lot of people, the first image of baked goods consists of different cookies and cakes rich in fat and calories, which do not just cause weight gain, but are generally unhealthy. But, if you make your own baked goods and be cautious of the ingredients you incorporate, you can actually benefit from them!

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According to Higher Perspectives, to make healthy baked goods, it is pivotal to not use refined sugar, artificial sweeteners, processed wheat, and vegetable oils. The goal is to use healthy ingredients instead. They will not just taste good, but also soothe your health and prevent diseases.

DIY Healthy Dessert: Coconut Muffins with Sweet Potatoes

You will need:

A roasted sweet potato, small one

¾ cup of coconut milk

3 tbsp of ground flaxseed soaked in water for 10 minutes

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2 tbsp of olive oil

½ cup of maple syrup or organic honey

A cup of brown rice flour

¼ cup of coconut flour

A tbsp of aluminum-free baking powder

½ tsp of Himalayan salt

A tbsp of cinnamon powder

A tsp of ginger powder

A tsp of turmeric powder

1/8 tsp of ground cloves

1/8 tsp of ground nutmeg

Preparation: First, preheat the oven to 400 degrees Fahrenheit. Once the roasted potato has cooled down, cut it in half and scoop out the flesh and put it into a bowl. Mix it together with the flaxseed, coconut milk, maple syrup, and olive oil to get a homogeneous and smooth texture.

In another bowl, combine the dry ingredients and then add the previous potato mixture. Combine everything together. Then, oil a muffin tray with coconut oil and pour the batter into it. Spread it evenly. Put it into the oven and cook for 30 to 35 minutes. Serve warm or cold. Enjoy!

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The Health Benefits of the Ingredients

Sweet potatoes are abundant in nutrients and rich in pivotal antioxidants like beta carotene. This antioxidant will help the body fight off oxidative stress, inflammation, and cancer. The abundance of vitamins C, D, and E in it, as well as the iron and manganese, will do wonders for your well-being.

Coconut milk is full of medium-chain fatty acids which are healthy and will boost your metabolism and encourage a healthy loss of weight. It also contains vitamins B, C, and E, and selenium, calcium, magnesium, iron, and phosphorus too.

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Ginger and turmeric have the capacity to lower inflammation and keep the body safe from illnesses. Also, they can fight off bad bacteria, lower the chances for viruses, and even decrease the chances for cancer. They can be very effective in reducing pain caused by inflammation.

Coconut flour is a great alternative to regular flour. It has a natural sweetness and it is completely safe for diabetics. This flour will maintain the health of the intestines optimal and decrease bad cholesterol levels.

Sources:

HIGHER PERSPECTIVES

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