**SWEET POTATO FIVE SPICE MUFFINS (VEGAN)**

1 large sweet potato

1/2 cup extra virgin olive oil

1/2 cup unsweetened almond milk

3/4 cup maple syrup plus 2 tablespoons for brushing muffins

1 tsp. pure vanilla extract

2 cups flour

2 tsp. baking powder

2 tsp. baking soda

1 1/2 tablespoons Chinese five-spice powder

1/2 tsp. fine sea salt

Preheat oven 400 degrees. Bake sweet potato until soft ( about 1 hour). Cool.  Peel sweet potato and discard skin.  Mash with a fork.  Whisk olive oil, almond milk, maple syrup, and vanilla. Add to sweet potato.  In a separate bowl whisk flour, baking powder, baking soda, salt, and five-spice powder. Add dry ingredients to sweet potato mixture. Evenly distribute batter into 12 muffin cups.

Bake 20 to 25 minutes.  Brush tops with extra maple syrup during last 5 minutes of baking.  Let muffins cool before serving.