

Seasonal Eating

Sweet Potato Bread

Ideas for Using Fresh Produce

- 1 3/4 cups flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves
- 1 1/2 cups sugar
- 1/2 cup vegetable oil
- 2 eggs
- 1/3 cup water
- 1 cup cooked and mashed sweet potato
- 1/2 cup chopped pecans, toasted

In a medium bowl, whisk together the flour, baking soda, salt, cinnamon, nutmeg and cloves. In a mixer bowl, beat sugar and oil well. Add eggs and beat. Add the flour mixture alternately with the water. Add the sweet potatoes and nuts and mix.

Pour into a greased 9"x5" loaf pan. Bake at 350 degrees for 1 hour or until toothpick comes out clean. Cool a few minutes then turn out onto a rack to cool completely.



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(Click on Seasonal Eating under the Family Menu)



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