



## Sweet Potato Bread

*The pumpkin pie spice in this quick bread will remind you of crisp, fall evenings. Substituting half the flour with whole wheat pastry flour sneaks in some extra fiber and vitamins. Enjoy this bread for breakfast, a snack or as a dessert!*

**Yields:** 32 slices (16 slices per loaf)

**Serving Size:** 1 slice

### Ingredients:

- 4 cups sifted flour (2 cups of **all-purpose flour**, 2 cups of **whole wheat pastry flour**)
- 1/2 teaspoon **baking powder**
- 1 teaspoon **baking soda**
- 2 teaspoons **pumpkin pie spice**
- 15 oz can of **sweet potato puree (no syrup added)**
- 1 ½ cups **sugar**
- 2/3 cup **oil**
- 4 **eggs**
- 1 teaspoon **vanilla**
- 2/3 cup **water**
- 2 tablespoons **orange zest**
- 1 teaspoon **butter**, or pan spray, for greasing the pans

### Instructions:

1. Preheat oven to 350 degrees.
2. Grease two loaf pans (4.5x8x5 inches each or one 9x13 pan) with butter or pan spray.
3. In a medium bowl, mix sifted flour, baking powder, baking soda, and pumpkin spice. Set aside.
4. In a large bowl, mix the sweet potato, sugar, oil, eggs, vanilla, and water.
5. Slowly add the dry ingredients in the wet ingredient bowl, while stirring the mixture.
6. Mix until batter forms. Small lumps are ok.
7. Add orange zest and mix well.
8. Split the batter between the two greased loaf pans and smooth the top.
9. Bake for about an hour, or until a knife inserted into the crack in the loaf's top crust hits the bottom of the pan and comes out clean.
10. Let cool and serve!

**Chef's Tips:** Don't have ready-made pumpkin pie spice? Make your own! In a small bowl, combine 3 tablespoons ground cinnamon, 2 teaspoons ground ginger, 2 teaspoons ground nutmeg, 1 ½ teaspoons ground allspice and 1 ½ teaspoons ground cloves. Makes ½ cup (use 2 teaspoons for this recipe).

**Per Serving:** Calories 154 kcal, Carbohydrates 24.1g, Protein 2.9g, Saturated Fat 4g, Sodium 59mg, Fiber 1.3g, Sugars 10.2g  
This recipe was adapted from Budgetbytes.com

