



Sweet Potato Quick Bread

Bake sweet potatoes and spices into this delicious bread.

In the kitchen, root vegetables comprise a wide range of dense, unique flavors that stand up to being served plain or being paired with spices, herbs, dairy products, meat and fish, or other vegetables. Simmered and puréed, they make smooth, creamy soups. Pickled, they add crunch and sunshiny color to winter meals. Roasted, their sugars emerge to produce a lightly sweet glaze. Young beet and turnip tops make tasty, vitamin-packed greens. Shredded carrots and mashed sweet potatoes even add body and richness to such baked goods as cakes, muffins, pancakes, and quick breads.

Try some in your next meal -- starting with this fabulous bread.

Ingredients 1 1/2 cups flour 2 tsp. baking powder 1/4 tsp. salt 1 tsp. cinnamon 1/2 tsp. powdered ginger 1/2 tsp. nutmeg 1/2 tsp. cloves 1/2 cup sugar 1/2 cup packed dark brown sugar 1 cup chopped almonds, pecans or walnuts 1/2 cup chopped dates or prunes 2 large eggs, slightly beaten 1/4 cup vegetable oil 1/3 cup unsweetened applesauce 2 T. milk 1 cup cooked, mashed sweet potato

Preparation

Preheat oven to 325 degrees F. Grease the bottom of a 9- by 5-inch loaf pan.

In a mixing bowl, combine flour, baking powder, salt and spices. Stir in the white and brown sugar, nuts and dates or prunes.

In a separate bowl, combine eggs, oil, applesauce, milk and mashed sweet potatoes. Whisk until smooth.

Make a well in the center of the dry ingredients. Add egg mixture and stir by hand just until the mixture is moistened. Spoon batter into loaf pan.

Bake at 325 degrees F for about 65 to 70 minutes or until toothpick inserted in center comes out clean. Cool in pan on a rack for 15 minutes. Remove from pan and continue cooling on wire rack.

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