



Maple-Cinnamon Sweet Potato Bread

Yield: 10 slices. Recipe from allrecipes.com.

Ingredients

- 1 large sweet potato
- $\frac{3}{4}$ cup all-purpose flour
- $\frac{3}{4}$ cup whole-wheat flour
- 1 $\frac{1}{2}$ teaspoons baking powder
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon ground allspice
- $\frac{1}{4}$ teaspoon ground nutmeg
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup reduced-fat milk
- $\frac{1}{3}$ cup pure maple syrup
- $\frac{1}{4}$ cup canola oil
- 2 teaspoons vanilla extract
- 2 large eggs

Nutritional info

Calories	210
Total Fat	7g
Total Sugars	17g
Sodium	150mg
Total Carbohydrates	31g
Fiber	3g
Protein	4g
Vitamin A	105%
Calcium	130mg
Iron	2mg

Directions

- Preheat oven to 350°F. Lightly coat a 9-by-5-inch loaf pan with cooking spray. Using a fork, poke holes all over sweet potato; place in a medium microwave-safe dish. Microwave on High, rotating once, until the skin begins to wrinkle and the potato is easily pierced with a fork or paring knife all the way to the center, 8 to 10 minutes. Let stand at room temperature until easy to handle, about 10 minutes.
- Meanwhile, whisk all-purpose flour, whole-wheat flour, baking powder, cinnamon, baking soda, allspice, nutmeg and salt in a medium bowl until fully combined.
- Cut the partially cooled sweet potato open lengthwise. Scoop out the flesh and transfer to a large mixing bowl (discard the skin). Mash with a fork until no large clumps remain, about 45 seconds (you should have about 1 cup). Add milk, maple syrup, oil, vanilla and eggs; whisk until smooth. Gradually add the flour mixture, whisking until just combined.
- Transfer the batter to the prepared loaf pan. Bake until golden brown and a wooden pick inserted in the center comes out clean, 40 to 45 minutes. Cool in the pan on a wire rack for 30 minutes. Remove from the pan and cool completely on the rack, 30 to 60 minutes.

NOTE: You can add chopped pecans or walnuts to the batter, or sprinkle the top with pumpkin seeds or sunflower seeds for some crunch. Please note that additional ingredients will change the nutritional profile of the recipe.

HOW TO SERVE: Serve sweet potato bread for breakfast with Greek yogurt with fruit & nuts or yogurt with blueberries & honey and a cup of coffee or tea. It's also delicious as a dessert with a scoop of vanilla ice cream or a dollop of whipped cream on top.