

SWEET POTATO BREAD

SERVES: 24 | SERVING SIZE: 1 slice | PREP: 20 minutes | READY: 1 hour and 10 minutes (not including cooling time)

INGREDIENTS

- Nonstick baking spray with flour (such as Baker's Joy)
- 1 3/4 cups granulated sugar
- 1 cup cooked and mashed sweet potato (one, 11-ounce baked sweet potato yields 1 cup mashed)
- 2/3 cup plain low-fat Greek yogurt (such as FAGE Total 2%)
- 1/2 cup 1% milk
- 1/3 cup neutral oil, such as canola or avocado oil
- 2 large eggs
- 1 tablespoon vanilla extract
- 1 tablespoon orange zest
- 1 1/2 cups white whole-wheat flour
- 1 1/2 cups all-purpose flour
- 1 tablespoon ground cinnamon
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon kosher salt
- 1/2 cup pecan halves, chopped
- 1/2 cup powdered sugar
- 1 1/2 tablespoons orange juice



DIRECTIONS

Preheat oven to 350 degrees. Spray two 9-by-5-inch loaf pans with baking spray; set aside.

In a large bowl, mix together sugar, mashed sweet potato, yogurt, milk, oil, eggs, vanilla extract, and orange zest until combined.

In a separate bowl, stir together whole-wheat flour, all-purpose flour, cinnamon, baking powder, baking soda, and salt. Add flour mixture to the sugar mixture, along with pecans and stir until just combined, being careful not to overmix.

Evenly distribute batter between prepared loaf pans and bake 45 to 50 minutes or until a wooden pick inserted in the center comes out clean.

To prepare the glaze, combine powdered sugar and orange juice (squeezed from zested orange) in a small bowl and stir until smooth. Spread glaze over top of each loaf of bread after removing from oven. Allow bread to cool in pans on a wire rack for 20 to 30 minutes. Remove bread from pans and cool completely on wire rack. Each loaf yields 12 slices.

NUTRITION INFORMATION PER SERVING

186 calories, 5.5 g total fat, 0.5 g saturated fat, 0 g trans fat, 16 mg cholesterol, 134 mg sodium, 32 g total carbohydrate, 2 g dietary fiber, 18 g total sugars, 16 g added sugars, 4 g protein, 0 mcg (0%) vitamin D, 31 mg (2%) calcium, 1 mg (6%) iron, 72 mg (2%) potassium

