



Makes 1 loaf
Preparation Time: 20 minutes
Cook Time: 1 hours 30 minutes

INGREDIENTS:

12 oz. sweet potatoes, peeled and cut into 1-inch chunks
½ cup unsweetened applesauce
2 tablespoons flaxseed meal
1 teaspoon pure vanilla extract
1¾ cups white whole wheat flour
½ cup pure cane sugar
2 teaspoons pumpkin pie spice
1 teaspoon regular or sodium-free baking powder
½ teaspoon sea salt
½ cup dried fruit such as chopped apricots, cranberries, or raisins
2 tablespoons raw pumpkin seeds (pepitas)

Sweet Potato Bread

This extra-moist sweet potato bread is packed full of tart dried fruit and infused with warm pumpkin pie spices. A crunchy topping of **pumpkin seeds** adds a tasty contrasting texture to the rich, dense dough. Enjoy this heavenly loaf toasted or untoasted, plain or with a slather of **creamy corn butter** or your favorite vegan jam.

By Nancy Macklin, RDN

- 1 Place potatoes in a medium saucepan with enough water to cover potatoes. Cover pan and cook over medium heat for 15 to 20 minutes, until tender. Drain well. Mash potatoes. Measure 1 cup mashed potatoes.
- 2 Preheat oven to 350°F. In a bowl stir together the 1 cup mashed potatoes, the applesauce, flaxseed meal, vanilla, and ⅓ cup water. Let stand 5 minutes.
- 3 In a large bowl whisk together the next five ingredients (through sea salt). Add sweet potato mixture to flour mixture; stir just until combined. Fold in dried fruit. Spoon batter into an 8x4-inch nonstick or silicone loaf pan. Top with pepitas.
- 4 Bake 45 to 55 minutes or until a toothpick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes. Remove loaf from pan. Cool 30 minutes before slicing.