



Creative Juices
Consulting

Sweet Potato Bread

3 cups white whole wheat flour
2 tsp baking powder
1 tsp baking soda
1 ½ tsp cinnamon
½ tsp freshly ground nutmeg
¼ tsp salt
½ cup butter
½ cup coconut oil
½ cup honey
4 eggs
½ cup organic sugar
2 2/3 cooked mashed sweet potato or a combination of sweet potato and pumpkin
1 tsp vanilla extract
1 cup flaked coconut
1 cup chopped walnuts

Preheat oven to 350

Mix flour, baking powder, soda, cinnamon, nutmeg and salt in a bowl. Stir in coconut and walnuts.

In a large bowl, beat butter and coconut oil, with an electric mixer, until creamy. Gradually incorporate the sugar and then the honey. Add eggs, one at a time and beat each one in. Beat in the vanilla, sweet potato and pumpkin if using.

Stir the flour mixture into the sweet potato mixture just until blended. Pour batter into tube pan or scoop into muffin cups. Bake the tube pan for about 70 minutes, mini muffins for about 15 minutes, larger muffins for about 20 – 25 minutes. Bread is done when a toothpick inserted in the center comes out clean.