



Whole Wheat Sweet Potato Bread

INGREDIENTS

1 cup mashed sweet potatoes (can use canned or fresh potatoes)
1/2 cup reserved liquid from canned potatoes or cooking water (if fresh potatoes are used)
1/4 cup honey
2 tablespoons butter OR margarine
1 egg

1-3/4 cups whole wheat flour
1-1/2 cups bread flour
3/4 teaspoon salt
1/4 teaspoon ground nutmeg
1 (2-1/4 tsp.) envelope yeast

DIRECTIONS

- Place all the ingredients into the bread machine pan according to the order in the manufacturer's instructions. Set crust on medium and program for the Basic or Whole Wheat cycle; press START.
- When the baking cycle ends, immediately remove the bread from pan and place it on a rack. Let cool to room temperature before slicing.
- *If not using bread machine:*
Combine whole wheat flour, 1 cup bread flour, salt, nutmeg and undissolved yeast in a large

mixer bowl. Combine sweet potatoes, liquid or water, honey and butter; heat to very warm, between 120° to 130°F. Add to flour mixture and beat 2 minutes. Add egg. Beat 2 minutes more. Add more flour or liquid as needed to form a dough that starts to pull away from the sides of your bowl. Turn dough out on lightly floured surface and knead 8 to 10 minutes, until smooth and elastic. Cover and let rest until double in size.

Shape dough into loaf and place in greased 9 x 5-inch loaf pan. Cover loosely with greased plastic wrap; let rise in a warm draft-free area for 30 to 45 minutes until double. Bake in a preheated 350°F oven for 35 to 40 minutes. Cover with foil after 25 minutes to prevent over-browning. Remove from pan and brush with melted butter if desired.

Makes 1 loaf

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