



Dash
of
Wellness

Sweet Potato Bread

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2 cups all-purpose flour
1/3 cup flaxseed, ground
1 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
2 oz. fat-free cream cheese,
softened

3 Tablespoons trans-fat free
margarine, softened
1/2 cup packed brown sugar
1/4 cup honey
1 large egg
1 large egg white
1 cup cooked sweet potato,
mashed

Directions

1. Preheat oven to 350. Wash hands with soap and water. Coat an 8 X 4-inch loaf pan with non-stick spray.
2. Combine flaxseed, flour, baking powder, baking soda, and salt in a large bowl.
3. In a separate bowl, beat cream cheese, margarine, brown sugar, honey, egg, and egg white; stir in sweet potato. Add to the flour mixture, stirring until moist.
4. Spoon batter into a greased 8 x 4-inch loaf pan. Bake for 50 minutes or until a wooden pick inserted in center comes out clean.
5. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack. **Yield:** 1 loaf, or 15 slices

Note:

- Unless flaxseed is already ground, place flaxseed in a clean coffee grinder or blender; process until coarsely ground.
- To freeze bread for up to 1 month, place in an airtight container, or wrap in heavy-duty plastic wrap or foil. Thaw at room temperature

Source: University of Illinois Extension's Meals for a Healthy Heart Series

Nutrition Facts (per serving): 160 calories, 3.5 grams fat, 180 milligrams sodium, 28 grams carbohydrate, 2 grams fiber, 4 grams protein

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