

Amazing Spiced SweetPotato Mini Loaves

You'll Have Two To Share And One To Spare

(NAPSA)—“Sweetpotatoes are amazingly versatile when it comes to holiday baking,” notes Sue Johnson-Langdon, executive director of the North Carolina SweetPotato Commission. She adds, “They can be substituted in almost any recipe that uses potatoes, apples or squash. And, they’ll kick the nutritional value of any recipe up more than just a few notches.” The amazing news about North Carolina sweetpotatoes is that they are available year round, so they can be enjoyed any time.

Still think the only way to prepare sweetpotatoes is swimming in butter and smothered by marshmallows? Think again. This low-fat recipe won’t compromise your waistline. Even better—it makes enough for you to share. Scratch a name or two off your holiday gift list!

For more recipes, visit www.ncsweetpotatoes.com. Or send a business-size SASE to North Carolina SweetPotato Commission, P.O. Box 575, Dept. MR2, Selma, NC 27576.

Amazing Spiced SweetPotato Mini Loaves

½ cup cooked sweetpotatoes, peeled and puréed
1 cup brown sugar, packed
1 cup apple juice
¾ cup raisins
1½ tablespoons vegetable oil
2 teaspoons pumpkin pie spice



Aside from its fantastic flavor, the amazing thing about this moist quick bread is that it uses only 1½ tablespoons of oil in the whole recipe. Low-fat baking never tasted so good!

2 cups all-purpose flour
1 teaspoon baking soda
½ teaspoon baking powder
½ cup chopped walnuts

Preheat oven to 325°F. In a large saucepan, combine first nine ingredients. Bring to a boil over high heat. Lower heat and simmer for 2 minutes. Set aside to cool.

Sift together dry ingredients. Add to the cooled sweetpotato mixture; stir well. Fold in walnuts. Spoon batter

into three greased mini loaf pans, approximately 3 x 6-inch. Bake on lowest rack for 60 minutes or until a wooden pick inserted into center comes out clean. Cool in pans for 10 minutes. Remove from pans and cool on wire rack. Makes three mini loaves or 18 servings.

Note: If baked in a 9 x 5 x 3-inch loaf pan, increase baking powder by ½ teaspoon and increase baking time by 30 minutes.