**Sweet potato bread**



**Ingredients for 20 slices**

300 g sweet potatoes from North Carolina

60 g butter

150 g brown sugar

120 g maple syrup

1 egg

80 ml milk

1 teaspoon cinnamon

10 g grated ginger

Pulp of 1 vanilla pod

250 g wheat flour

2 teaspoon baking powder

½ salt

40 g walnuts

**Directions:**

1. Peel and chop the sweet potatoes. Cook in water for 15-20 minutes until soft. Drain and puree sweet potatoes. Allow to cool a little.

2. Mix butter and sugar well. Add mashed sweet potatoes, maple syrup, egg, milk, cinnamon, ginger and vanilla pulp and mix well.

3. Mix flour, baking powder and salt. Add the sweet potato mixture and mix well. Chop the walnuts and mix in. Grease a baking form and fill in the dough. Bake in a preheated oven at 180 degrees for 50-60 minutes.

Tip: serve the sweet bread with jam as spread, a bitter orange jam goes well with it, but also a spicy spread such as Pesto Rosso.

**Baking time:** About 60 minutes

**Nutrition facts:**

Energy: 149 kcal / 626 kJ

Protein: 2,3 g Fat: 5,2 g

Carbohydrates: 20 g