Louisiana HARVEST of the MONTH

Sweet Potato Zucchini Bread

Home Recipe

Serves: 12
Prep Time: 15 minutes
Cook Time: 1 hour 20 minutes

Ingredients

- 2 cups all-purpose flour
- 2 tsp ground cinnamon
- 1 tsp baking soda
- ¼ tsp baking powder
- ¼ tsp salt
- 1 cup sugar
- ¾ cup vegetable oil
- 3 large eggs
- 1 tsp vanilla extract
- 1 ½ cup grated zucchini
- 1 ½ cup grated sweet potato
- 1 cup chopped walnuts, optional

Nutrition Facts

servings per container
Serving size **(116g)**

Amount per serving
Calories **340**

	% Daily Value*
Total Fat 22g	**28%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 75mg	**3%**
Total Carbohydrate 34g	**12%**
Dietary Fiber 2g	**7%**
Total Sugars 14g	
Includes 12g Added Sugars	**24%**
Protein 6g	
Vitamin D 1mcg	6%
Calcium 38mg	2%
Iron 2mg	10%
Potassium 168mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cooking Instructions

1) Preheat oven to 350 F. Butter and flour a 9x5x3 inch loaf pan
2) Sift the flour, cinnamon, baking soda, baking powder and salt into a medium bowl.
3) Beat the sugar, oil, eggs and vanilla until blended in a large separate bowl. Mix in the zucchini, sweet potato and walnuts. Gently fold in the dry ingredients until well incorporated, be sure not to over mix.
4) Transfer the batter to the prepared pan.
5) Bake until toothpick inserted into center comes out clean, about 1 hour 20 minutes.
6) Cool the bread in pan on rack for 15 minutes. Run a knife along the edges to loosen the loaf. Turn out onto rack and let it cool completely.
7) Can be stored at room temperature for 1 week and 2 weeks in the fridge.

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