



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

SOUTHERN SWEET POTATO BREAD

2 sweet potatoes, medium	½ cup vegetable oil
2 eggs, large or extra large	¼ cup buttermilk, plus 1 tablespoon
1 ¾ cup all-purpose flour	1 teaspoon baking soda
1 ½ cup granulated sugar	1 teaspoon vanilla extract
1 cup chopped roasted pecans	½ teaspoon kosher salt

1. Preheat oven to 325 degrees F.
2. Prick sweet potatoes with a fork and microwave for 5 minutes. Turn them over and cook for another 3- 4 minutes or until the sweet potatoes are very soft when squeezed. Allow to cool for a few minutes and scoop out and mash the flesh.
3. Combine all ingredients, including the smashed sweet potatoes in a large bowl and mix well.
4. Pour the batter into a 9x5 inch loaf pan that has been sprayed with non-stick baking spray that contains flour. (If you don't have spray that contains flour, make sure to grease pan well with butter or shortening.)
5. Bake for 55 minutes or until a toothpick or wooden skewer inserted in the middle comes out clean.
6. Remove the bread from the pan and cool on a wire baking rack.