



Sweet Potato Pecan Bread

With sweet potatoes and pecans in season, this is a great breakfast or tea bread to serve up. You could even substitute roasted butternut squash and walnuts for a different version. This recipe works well with traditional sprouted flour as well as a couple of our non-gluten sprouted flours.

- 1 ½ cups sprouted flour, sifted
- 2 eggs, lightly beaten
- 2 teaspoons baking powder
- 6 tablespoons coconut oil
- ¼ teaspoon sea salt
- 2 tablespoons whole fat milk
- 1 teaspoon ground nutmeg
- 1 cup cooked sweet potatoes, mashed
- ½ teaspoon ground cinnamon
- 1 cup crispy pecans, chopped
- 1 cup maple sugar or sweetener of choice
- ½ cup golden organic raisins

Preheat oven to 325 degrees. Grease a standard ceramic or glass loaf pan. Stir together flour, baking powder, salt and spices in a mixing bowl. With a spoon, stir in sugar, eggs, oil and milk. Stir to blend. Stir in sweet potatoes, pecans and raisins. Pour batter into prepared pan. Bake for 1 hour 10 minutes or until the toothpick test comes out clean. Cool in pan for 15 minutes. Remove from pan. Let cool more and slice.