

Sweet Potato Whole Wheat Bread

Ingredients

3 cups (1020g) wheat flour

6 - 8 tbs (80g - 100g) shredded raw sweet potato

2 ¼ tsp (13g) active dry yeast

1 ½ tsp (8.5g) salt

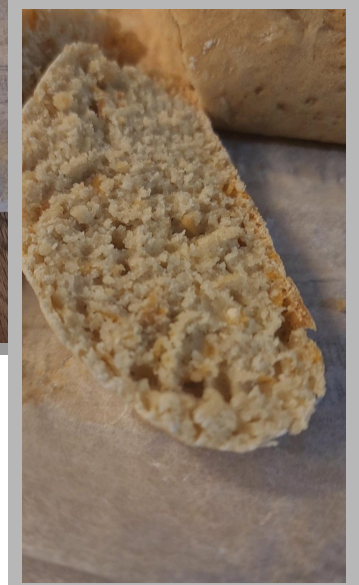
½ tsp (2.8g) baking soda

⅓ tsp (1.5g) lemon zest

Dash ground ginger

1 cup warm water, add up to 1/2 cup more water as needed (no more than 250ml)

1 ½ tbs (21.3g) coconut oil (or other neutral flavored oil)



Prepare the yeast

Bring 2 cups of water to a boil

Shred 6-8 tbs of raw sweet potato

Put the shredded sweet potato into a jar with a lid, add hot water to cover the potato and secure the lid. Once the water is warm to the touch (100°-115°f) add 2 1/4 tsp dry active yeast and secure the lid to the jar.

Dry ingredients

Combine flour, salt, baking soda, ginger, and lemon zest in a large mixing bowl.

Once the yeast mixture has created a foam, add the contents of the jar and 1 1/2 tbs oil to the dry ingredients.

Fold in gently.

Slowly add warm water to the dough mixture, stirring gently, until the dough forms a sticky ball.

Line a medium loaf pan with parchment paper.

Pour the dough into the loaf pan and cover with an airtight lid or plastic wrap.

Allow the dough to sit covered for 3 hours. (Mine sat for 3 1/2)

Place a dish of water in the oven and preheat to 375° (be sure to add enough water that it does not fully evaporate, the water will remain in the oven during the baking process)

Uncover the loaf and lower the oven temperature to bake at 350° for roughly 30 minutes or until crust appears solid

Nutrition Facts

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|--------------------------|--------------------------------------|-------|
| Yield: 1 medium loaf | Servings: 12 | PDV |
| Total Calories: 1,714 | Calories per serving: 143..... | 7.15% |
| Total Fat: 25.3g | Fat per serving: 2.12g..... | 2.8% |
| Saturated Fat: 21.6g | Saturated: 1.8g..... | 2% |
| Total Cholesterol: 0g | Cholesterol per serving: 0g..... | 0% |
| Sodium: 11.4g | Sodium per serving: 0.95g..... | 4% |
| Potassium: 739mg | Potassium per serving: 61.6mg..... | 1.3% |
| Total Carbohydrate: 305g | Carbohydrate per serving: 25.4g..... | 10.8% |
| Dietary Fiber: 13.2g | Dietary Fiber per serving: 1.1g..... | 3.9% |
| Sugar: 5.1g | Sugar per serving: 0.425g..... | 2% |
| Protein: 40.6g | Protein per serving: 3.4g..... | % |

Trace Vitamins: A, B6, B12, C, Calcium, Folic Acid, Iron, Magnesium
*Percent Daily Value is calculated based on a 2,000 calorie diet