

Date-Nut Bread

Servings: 32 ½-inch slices

2 ½ cups flour, all-purpose
2/3 cup dark brown sugar, packed
1 teaspoon baking powder
1 teaspoon baking soda
1½ cups canned sweet potatoes or yams, mashed
1 large egg
½ cup milk
¼ cup butter or margarine, melted
1 teaspoon vanilla extract
1 cup chopped dates, pitted
1 cup walnuts, chopped
1 tablespoon lemon peel, grated

Preheat the oven to 350° F. Grease two 8- x 4-inch loaf pans. In a large bowl, combine the flour, brown sugar, baking powder and baking soda. In a medium bowl, combine the sweet potatoes, egg, milk, melted butter and vanilla.

Stir the sweet potato mixture into the flour mixture until just blended. Quickly stir in the dates, walnuts and grated lemon peel. Spoon the mixture into the prepared pans.

Bake 45 to 50 minutes or until a toothpick inserted in the center comes out clean. Remove the loaves to wire racks to cool.

May also be baked in four 5¾-x 4¾-inch loaf pans for 20 to 25 minutes.

Recipe By: Adapted from The Perfect Potato, by Diane Simone Vezza, Running Heads, Inc., New York, 1993. p.140.