

Sunshine Bread/Muffins

Ingredients

- 1-3/4 cups granulated sugar
- 1/2 cup + 1 tbsp vegetable oil
- 1 cup + 1-1/2 tbsp canned sweet potatoes, mashed
- 3 large eggs
- 1-1/3 cups all-purpose flour
- 1-1/2 cups whole wheat flour
- 4 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- 1 tsp cinnamon
- 1/4 tsp cloves
- 1/2 tsp nutmeg
- 1 cup raisins

Notes

Number of Portions: 20

Serving Size: 1 each

Nutrition Facts: 227 calories, 7.4 g fat, 1.25 g saturated fat, 230 mg sodium, 38.34 g carbohydrate, 1.71 g fiber, 17.9 g sugar, 3.54 g protein

Directions

1. Combine sugar, oil, sweet potato, and eggs in a mixing bowl. Whip on medium speed in a large mixer or by hand until creamy, about 7 minutes.
2. Scrape down sides of bowl and change attachment to a paddle if using a mixer.
3. Combine dry ingredients and add to sweet potato mixture by alternating flour mixture and water in small quantities until all is added.
4. Add raisins and mix on low speed or by hand for 3 minutes.
5. If making Sunshine Bread, grease 9x13 trays or cookie sheets and place 6 cups in pan. Bake at 300°F for 15 minutes. Cut into 20 pieces. If making Sunshine Muffins, place muffin cups in tins and fill each muffin tin spot 2/3 of the way with mixture. Bake at 300°F for 15 minutes.