**KENTUCKY SWEET POTATO BREAD**

**GROCERY LIST**
- Margarine
- Brown sugar
- Eggs
- Sweet potatoes (need 1 cup mashed)
- Milk
- Orange (need grated orange peel)
- Self-rising flour
- Whole wheat flour
- Allspice
- Nutmeg
- Chopped pecans

**MAKE IT A MEAL**
- Turkey
- Dressing
- Steamed broccoli
- Congealed fruit salad
- Kentucky Sweet Potato Bread
- Low-fat milk

**TIP**
Visit [KyProud.com](http://KyProud.com) to find all the Plate It Up! Kentucky Proud recipes using Kentucky products.

**Glaze:**
- 1 tablespoon margarine
- 1 tablespoon reduced fat cream cheese
- ¼ cup confectioner's sugar
- 1½ teaspoon milk
- 1½ teaspoon orange juice
- 1 teaspoon grated orange peel

1. In a small mixing bowl, mix the margarine and cream cheese.
2. Add the confectioner's sugar, milk, orange juice and orange peel. Mix well.
3. Remove loaf from pan and spread the glaze over the top of the loaf.

**MAKES 16 SERVINGS**

**Serving Size:** 1 slice  
**Cost Per Recipe:** $4.63  
**Cost Per Serving:** $0.29

**SOURCE:** Plate It Up! Kentucky Proud

**NUTRITION FACTS PER SERVING:**
- 150 calories; 4.5 g fat; 1 g saturated fat; 0 g trans fat; 0 mg cholesterol; 200 mg sodium; 24 g carbohydrate; 1 g fiber; 10 g sugar; 3 g protein, 70% Daily Value of vitamin A; 6% Daily Value of vitamin C; 6% Daily Value of calcium, 6% Daily Value of iron

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