



# Sweet Potato

by Wyatt Garren



## Recipe

### **Sweet Potato Bread**

#### **Ingredients**

- 1 1/2 cup sugar
- 1/2 cup vegetable oil
- 2 eggs
- 1 3/4 cup flour
- 1 tsp baking soda
- 1/2 tsp cinnamon
- 1/2 tsp nutella
- 1/3 cup of water
- 1 cup of mashed sweet potato
- 1/2 cup chopped pecan

#### **Directions**

Combine all ingredients into a batter  
Put in 9x5 inch loaf pan and bake at  
350 degrees for 1 hour

## Nutrition Facts

Rich in Vitamin A, C, B6, B3, B1, B2

More nutrients than regular potatoes

Serving size 200 g per cup  
180 calories  
0g fat

## Shopping Tips

Look for clean, smooth texture, potatoes, with no cuts or bruises.



## Cool Facts

Sweet potatoes date back to 8000 B.C.  
And were domesticated some  
5000 years ago.

**George Washington grew  
sweet potatoes in his garden.**

Sweet Potatoes are North  
Carolina's  
state vegetable.

A scientist developed 118  
different  
products from Sweet potatoes  
including stamps and glue.