



## Beautiful Beta Carotene Bread

### Ingredients

- 4 medium sweet potatoes
- 4 eggs
- 2/3 cup extra virgin olive oil
- 2/3 cup apple juice (avoid sugar and high fructose corn syrup on ingredients list)
- 3 1/2 cups whole grain flour
- 1/2 tsp. baking powder
- 2 tsp. baking soda
- 1 tsp. cinnamon
- 1 tsp. ginger
- 2 Healthy Attitudz fruit jerky bars (you decide the flavor or mix it up!)
- 2/3 cup chopped walnuts

### Instructions for Preparation

Preheat oven 350°F

Peel and microwave the sweet potatoes until mushy. Smash them and set aside.

Break the Healthy Attitudz fruit bars into little pieces, set aside.

Grease a loaf pan

In a large bowl, beat together eggs, olive oil, and juice. Add the sweet potatoes and continue mixing. Fold in the flour and mix well. Fold in the baking powder, baking soda, cinnamon, nutmeg, and ginger and mix well. Add the fruit pieces and chopped pecans and mix until everything is mixed together well.

Pour batter into greased loaf pan.

Bake approximately 1 hour.

Insert butter knife into center, if it comes out clean then the bread is done. If not, place back in oven for a few more minutes.

Remove and cool before cutting.

<b>Nutrition Information</b> Serves 12 Calories 310 Total Fat 14g Saturated Fat 2g Cholesterol 70mg Sodium 200mg Total Carbohydrates 38g Fiber 6g Protein 8g	<b>Alpha, Beta, Gamma – Carotene</b> (members of the carotenoids) They are pigments abundant in plants and fruits that provide them with red, orange, and yellow colors. They are considered a provitamin (precursor) because they can be converted to active vitamin A.  Other sources include: carrots, pumpkin, spinach, green peppers, collards.
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