

Sweet Potato Apple Mini Loaves

Recipe By *Brynie Greisman*



Cooking and Prep:  25
m

Serves:  6

Contains:    

Preference: Parve

Difficulty: Easy

Occasion: Shabbat, Purim

Diet: Vegetarian, Pescetarian

Source: Family Table by

Mishpacha Magazine

If you're debating whether to serve a carbohydrate, a vegetable, or a fruit for a side dish, this dish solves the problem, as it has all three! Served in mini loaves, and drizzled with a cinnamon glaze, these are an elegant and classy choice for your Purim seuda. They freeze beautifully too.

Ingredients (21)

Main ingredients

- 2 cups flour
- 1 tablespoon **Haddar Baking Powder**
- 1/2 teaspoon salt
- 2 teaspoons cinnamon
- 1/4 teaspoon ginger

- pinch nutmeg
- pinch cloves
- 1/2 cup sour **Gefen Soy Milk** (see note)
- 2 eggs
- 1/4 cup oil
- 1/3 cup brown sugar
- 2 tablespoons maple syrup
- 2 medium sweet potatoes, cooked, drained, and mashed
- 1 Granny Smith apple, unpeeled and diced
- cinnamon, for sprinkling (*optional*)
- sugar, for sprinkling (*optional*)

Glaze

- 1 cup confectioners' sugar
 - 2 tablespoons **Gefen Soy Milk** (plus a drop more if necessary)
 - 1 teaspoon oil
 - 1 teaspoon **Gefen Vanilla Extract**
 - 1/2 teaspoon ground cinnamon
-

Start Cooking

Prepare the Loaves

If made in muffin tins, this recipe yields 12 mini muffins and 9 standard-size muffins.

1. Preheat oven to 400 degrees Fahrenheit (200 degrees Celsius).
2. Combine all dry ingredients in a large bowl and whisk together well.
3. Combine sour soy milk, eggs, oil, brown sugar, and maple syrup in a separate bowl. Stir in cooked sweet potatoes.

4. Make a well in the center of the dry ingredients and pour in the wet mixture. Stir wet and dry mixtures together. Gently fold in chopped apples, being careful not to overmix.
5. Pour into mini loaf pans or muffin tins sprayed with cooking spray. Sprinkle with cinnamon and sugar, if desired, unless you're using the glaze.
6. Bake for 15-20 minutes or until muffins are golden and spring back when touched. Cool on a wire rack. Serve warm or room temperature.
7. In a small bowl, combine glaze ingredients; drizzle over warm loaves.

Note:

To make sour soy milk, place 1/2 - 1 tablespoon vinegar in a half-cup measuring cup and then fill to the top with soy milk. Let sit for a half hour till it curdles.

Variation:

To make this recipe healthier, sub whole wheat pastry flour for the white flour and use just two tablespoons oil and sub two tablespoons applesauce for the rest. I tried it this way and they came out very moist. My pickiest eater loved them!

Credits

Photography: Daniel Lailah.

Food Styling: Amit Farber.