

Seasonal Eating
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Quick Breads for Quick Treats
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Fall is a great time for baking. The weather is cooler and its more enjoyable to have the oven on than in the summer. It is also a time of year when we stock up as we entertain, have family and friends for holiday events and take food to events. Having a freezer full of goodies to pull out when needed makes the season less stressful and deliciously tasty!

Quick breads are a great item to make and freeze. They will store well for about 3 months and are just as good as when they went into the freezer. Slices of the bread are good for breakfast and you can just set out the loaf on a cutting board with some butter or cream cheese for guests to help themselves. They also make a good tray to take somewhere to share. The loaves can be popped out of the freezer, thawed and tied up with a big ribbon bow for a last-minute gift (especially a hostess gift).



For the best results when freezing cakes or quick breads, let them cool completely. Wrap the bread in a layer of plastic wrap to keep the bread fresh and then wrap in aluminum foil, labeled with the item name and date. The foil will help keep condensation at bay and help prevent freezer burn. You can then just put them in the freezer or if you have several, put them in a gallon size zip-top bag to help keep them together – you know how things tend to get lost in the freezer!

If your breads have an icing or glaze, make that and put it on when you thaw them and serve. It will look and taste much better when fresh. My mom used to always stock the freezer with banana, pumpkin, zucchini and cranberry breads in November. Below is a newer favorite in the fall flavor category with sweet potatoes. Spiced with cinnamon, nutmeg and cloves, this is a wonderful bread that is kept moist with the mashed sweet potatoes and has a little different flavor than pumpkin. You can either boil or bake your sweet potatoes and then peel and mash. Give this bread a try for your fall baking and add a new option to your collection of quick bread recipes.

For more information and recipes check out the Seasonal Eating page at bedford.tennessee.edu.

Sweet Potato Bread

- 1 3/4 cups flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves
- 1 1/2 cups sugar

1/2 cup vegetable oil
2 eggs
1/3 cup water
1 cup cooked and mashed sweet potato
1/2 cup chopped pecans, toasted

In a medium bowl, whisk together the flour, baking soda, salt, cinnamon, nutmeg and cloves. In a mixer bowl, beat sugar and oil well. Add eggs and beat. Add the flour mixture alternately with the water. Add the sweet potatoes and nuts and mix. Pour into a greased 9"x5" loaf pan. Bake at 350 degrees for 1 hour or until toothpick comes out clean. Cool a few minutes then turn out onto a rack to cool completely