**SWEET POTATO LOAF**

Straight off of thug kitchen facebook page

(Thug kitchen is a vegan website, their schtick is they use swears, I have blacked the swears out obviously :)
Makes 1 loaf

1 cup of milk\*
½ teaspoon apple cider vinegar or lemon juice
1/3 cup oil\*\*
1 teaspoon vanilla extract
1 tablespoon ground flaxseeds
2 cups grated, raw sweet potato\*\*\*

2 cups flour\*\*\*\*
¼ cup sugar
¼ cup brown sugar
2 ½ teaspoons ground cinnamon
1 teaspoon ground ginger
1 teaspoon baking soda
½ teaspoon baking powder
½ teaspoon salt
1 cup chopped nuts like walnuts or almonds
2 teaspoons sugar

Heat your over up to 350 degrees and grease and flour a standard loaf pan. Yeah, standard. Nothing fancy.

Mix together the milk and vinegar in a small glass and let it sit for a couple of minutes. In a large bowl, mix together the oil, vanilla extract, and ground flaxseeds. Stir in the milk mixture and the grated sweet potato. Simple \*\*\*.

In a medium bowl, mix together the flour, sugars, spices, baking soda, baking powder, and salt. Pour these dry ingredients into the bowl with all the wet stuff in it and mix until there are only a few dry spots. Dump in the nuts and mix it together a couple of times. Pour the batter into your loaf pan and make sure that \*\*\* looks kinda even. Sprinkle the remaining teaspoons of sugar on top and throw that \*\*\* in the oven.

Bake for 45-60 minutes or until a toothpick stuck in the center comes out clean. Let that b\*\*\* cool for at least 15 minutes before diving in.

\*We used almond.

\*\* You can use something neutral tasting like grape seed or something buttery like olive oil. Whatever you already got is cool.

\*\*\*\* This takes about 1 large sweet potato and is a \*\*\* work out on your arm. If someone in your place owes you a favor, call it in for this \*\*\*.

\*\*\* All-purpose, whole wheat, or a blend of the two is all good. Use what you like.