

APRIL IS NATIONAL SOYFOODS MONTH

Bread Machine Potato Bread

Recipes provided by...

Soybeans
Nebraska Soybean Board



INGREDIENTS...

- 1/2 cup + 3 Tbs soymilk
- 1 cup whole wheat flour
- 3/4 cup white bread flour
- 1/4 cup soy flour
- 1 tsp salt
- 1/4 cup mashed potatoes
- 1 Tbs brown sugar
- 2 tsp active dry yeast

Per 1 slice serving:

Calories:.....	90
Total fat:.....	0.5 g
Saturated fat:.....	0.1 g
Cholesterol:.....	0 mg
Sodium:.....	186 mg
Carbohydrate:.....	18 g
Protein:	3 g
Soy Protein:.....	1.5 g
Dietary Fiber:.....	1.7 g

The next time you boil potatoes, set aside a little potato for this wonderful, moist bread.

Be sure all ingredients are at room temperature.

Add them, in the order specified by the manufacturer, to your bread machine. Choose the light crust setting and start the machine.

Yield: 1-pound loaf (12 slices)