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)**

**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