

Sweet Potato Honey Bun Cake: The Southern Dessert Mashup You Need

The Ultimate Sweet Potato Honey Bun Cake: A Southern Dessert Mashup



TIME

5-10 min

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ChefManiac

INGREDIENTS

Swaps and Notes:

Sweet Potatoes: Canned sweet potato puree (not pie filling) can be used in a pinch, but fresh, well-drained mashed sweet potatoes yield the best texture.

Buttermilk: If you don't have buttermilk, you can make a substitute by mixing 1 cup of whole milk with 1 tablespoon of white vinegar or lemon juice. Let it sit for 5-10 minutes before using.

Spices: Feel free to substitute the cinnamon and nutmeg with 2 teaspoons of Pumpkin Pie Spice for an extra layer of seasonal warmth.

Glaze: For a richer, creamier glaze, use cream cheese (about 2 oz, softened) mixed with the powdered sugar, milk, and vanilla.

Step-by-Step Instructions:

Prep the Oven and Pan: Preheat your oven to 350°F (175°C). Grease and lightly flour a 9x13-inch baking pan.

Make the Cinnamon Swirl: In a small bowl, combine the 2 1/2 cup packed brown sugar, 1 tablespoon of ground cinnamon, and the 3 tablespoons of melted butter. Mix until it forms a thick paste. Set this aside.

Combine Dry Ingredients: In a medium bowl, whisk together the flour, baking powder, baking soda, salt, 1 1/2 tsp cinnamon, and nutmeg.

Cream Butter and Sugars: In a large bowl, use a hand mixer or stand mixer to beat the softened

butter, granulated sugar, and 2 1/2 cup brown sugar until the mixture is light and fluffy (about 3 minutes).

Add Wet Ingredients: Beat in the eggs one at a time, followed by the vanilla extract. Then, mix in the 1 cup of mashed sweet potatoes until just combined.

Alternate Wet and Dry: Reduce the mixer speed to low. Add half of the dry ingredients to the bowl and mix gently until barely combined. Pour in half of the buttermilk and mix. Repeat with the remaining dry ingredients and buttermilk, mixing only until no streaks of flour remain. Do not overmix.

Assemble the Cake: Pour about half of the cake batter into the prepared pan and spread it into an even layer. Evenly spoon half of the cinnamon swirl mixture over the top.

Layer and Swirl: Pour the remaining cake batter over the swirl layer and spread gently. Then, spoon the remaining cinnamon swirl mixture over the top. Use a butter knife or skewer to gently create a marble or swirl pattern throughout the top layer.

Bake: Bake for 40-45 minutes, or until a toothpick inserted into the center comes out clean.

Cool and Glaze: Let the cake cool in the pan on a wire rack for at least 15 minutes before glazing.

To make the glaze, whisk together the powdered sugar, milk (or cream), and 2 1/2 tsp vanilla until smooth. Drizzle generously over the warm or cooled cake.

Tips for Success:

Sweet Potato Consistency: The sweet potatoes must be cooked and cooled, and very well mashed with no chunks. Any excess moisture will make your batter too thin. If your mashed potatoes seem watery, blot them lightly with a paper towel before measuring.

Room Temperature Ingredients: This is the most crucial step for a light, fluffy cake. Room temperature eggs and butter cream together to trap air, giving the cake its rise and tender texture.

The Glaze is Non-Negotiable: While technically optional, the glaze provides the sticky, crackly sweetness that makes it a "Honey Bun" cake. Drizzle it on when the cake is still slightly warm for maximum absorption and a perfect crust.

Serving Suggestions and Pairings:

Beverage Pairings: A tall glass of cold milk is classic, but for an adult treat, try serving it with a chilled glass of Bourbon Cream or a refreshing glass of This Blueberry Lemonade Is My Favorite Refreshing Drink For Sunny Days.

Dessert Toppings: A scoop of vanilla bean ice cream or a dollop of fresh whipped cream cuts the sweetness perfectly.

Savory Contrast: When serving this as part of a meal, pair it with comforting, savory dishes. The sweet spices work beautifully after a hearty meal like a classic roast chicken or baked ham.

Nutritional Information Per Serving:

Disclaimer: This is an approximate estimate and will vary based on ingredient brand and final cut size.

Serving Size: 1 slice (assuming 12 equal slices from a 9x13 cake)

Approximate Calories: 350-400 kcal

Approximate Fat: 15-20g

Approximate Carbohydrates: 50-60g

Approximate Sugar: 35-45g

Storage and Leftover Tips:

Counter: Because of the dense crumb and high sugar content, this cake keeps remarkably well at room temperature for up to 3 days, provided it is kept tightly covered.

Refrigeration: You can refrigerate the cake for up to 5 days. The glaze may become slightly sticky. I recommend letting it sit on the counter for 30 minutes before serving to bring it back to a better texture.

Freezing: This cake freezes beautifully! Let the cake cool completely and cut it into individual slices. Wrap each slice tightly in plastic wrap, then place them in a freezer-safe bag or container. It will keep for up to 3 months. Thaw slices individually on the counter. Do not freeze a warm cake.

DIRECTIONS

- 1. Prep the : Oven and Pan:** Preheat your oven to 350°F (175°C). Grease and lightly flour a 9x13-inch baking pan.
- 2. Make the : Cinnamon Swirl:** In a small bowl, combine the 21 cup packed brown sugar, 1 tablespoon of ground cinnamon, and the 3 tablespoons of melted butter. Mix until it forms a thick paste. Set this aside.
- 3. Combine : Dry Ingredients:** In a medium bowl, whisk together the flour, baking powder, baking soda, salt, 121 tsp cinnamon, and nutmeg.
- 4. Cream : Butter and Sugars:** In a large bowl, use a hand mixer or stand mixer to beat the softened butter, granulated sugar, and 21 cup brown sugar until the mixture is light and fluffy (about 3 minutes).
- 5. Add : Wet Ingredients:** Beat in the eggs one at a time, followed by the vanilla extract. Then, mix in the 1 cup of mashed sweet potatoes until just combined.
- 6. Alternate : Wet and Dry:** Reduce the mixer speed to low. Add half of the dry ingredients to the bowl and mix gently until barely combined. Pour in half of the buttermilk and mix. Repeat with the remaining dry ingredients and buttermilk, mixing only until no streaks of flour remain. Do not overmix.
- 7. Assemble the : Cake:** Pour about half of the cake batter into the prepared pan and spread it into an even layer. Evenly spoon half of the cinnamon swirl mixture over the top.
- 8. Layer and : Swirl:** Pour the remaining cake batter over the swirl layer and spread gently. Then, spoon the remaining cinnamon swirl mixture over the top. Use a

butter knife or skewer to gently create a marble or swirl pattern throughout the top layer.

9. **Bake:** Bake for 40-45 minutes, or until a toothpick inserted into the center comes out clean.
10. **Cool and : Glaze:** Let the cake cool in the pan on a wire rack for at least 15 minutes before glazing. To make the glaze, whisk together the powdered sugar, milk (or cream), and 21 tsp vanilla until smooth. Drizzle generously over the warm or cooled cake.
11. **Tips for Success: Sweet Potato Consistency:** The sweet potatoes must be cooked and cooled, and very well mashed with no chunks. Any excess moisture will make your batter too thin. If your mashed potatoes seem watery, blot them lightly with a paper towel before measuring.
12. **Room : Temperature Ingredients:** This is the most crucial step for a light, fluffy cake. Room temperature eggs and butter cream together to trap air, giving the cake its rise and tender texture.
13. **The : Glaze is Non-Negotiable:** While technically optional, the glaze provides the sticky, crackly sweetness that makes it a "Honey Bun" cake. Drizzle it on when the cake is still slightly warm for maximum absorption and a perfect crust.
14. **Serving Suggestions and Pairings:** This Sweet Potato Honey Bun Cake is rich and flavorful on its own, but a few key pairings can make the experience even better.
15. **Beverage : Pairings:** A tall glass of cold milk is classic, but for an adult treat, try serving it with a chilled glass of Bourbon Cream or a refreshing glass of This Blueberry Lemonade Is My Favorite Refreshing Drink For Sunny Days.
16. **Dessert : Toppings:** A scoop of vanilla bean ice cream or a dollop of fresh whipped cream cuts the sweetness perfectly.
17. **Savory : Contrast:** When serving this as part of a meal, pair it with comforting, savory dishes. The sweet spices work beautifully after a hearty meal like a classic roast chicken or baked ham.
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SWAPS & NOTES

It's comforting, familiar, and just different enough to be the dessert everyone asks you for the recipe for.

Ingredients Ingredient Quantity Notes
Cake Base Mashed Sweet Potatoes (cooked and cooled) 1 cup Make sure there are no large lumps.

All-Purpose Flour 2 cups Baking Powder 1/2 tsp Baking Soda 1 tsp Salt 2 1/2 tsp Ground Cinnamon 1/2 tsp Ground Nutmeg 2 1/2 tsp Don't skip this for depth of flavor.

Granulated Sugar 1 cup Brown Sugar, packed 2 1/2 cup Unsalted Butter, softened 2 1/2 cup Room temperature is key for creaming.

TIPS FOR SUCCESS

Sweet Potato Consistency: The sweet potatoes must be cooked and cooled, and very well mashed with no chunks.

Any excess moisture will make your batter too thin.

If your mashed potatoes seem watery, blot them lightly with a paper towel before measuring.

Room Temperature Ingredients: This is the most crucial step for a light, fluffy cake.

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