

## **Cranberry Yam Bread**

2 large eggs, slightly beaten  
1 1/3 cups sugar  
1/3 cup canola oil  
1 cup canned yams (sweet potatoes), or 1 cup fresh yams, cooked and mashed  
1 tsp. vanilla extract  
1 1/2 cups all-purpose flour  
1 tsp. ground cinnamon  
1/4 tsp. ground allspice  
1 tsp. baking soda  
1 cup chopped cranberries

Preheat oven to 350 degrees. Coat 9x5x3-inch loaf pan with nonstick cooking spray and dust with flour. In large bowl, combine eggs, sugar, oil, yams, and vanilla. In separate bowl, combine flour, cinnamon, allspice, and baking soda. Make a well in the center. Pour yam mixture into well. Mix just until moistened. Stir in cranberries. Spoon batter into prepared loaf pan. Bake for 1 hour or until toothpick inserted in center comes out clean. Makes 16 slices.

Per serving: CAL 163 (29% from fat); FAT 5g; PROTEIN 2g; CARB 27g; CHOL 27mg; SODIUM 99mg

\* Created by Louisiana Sweet Potato Commission spokesperson, Holly Clegg.

From the website [www.sweetpotato.org](http://www.sweetpotato.org)