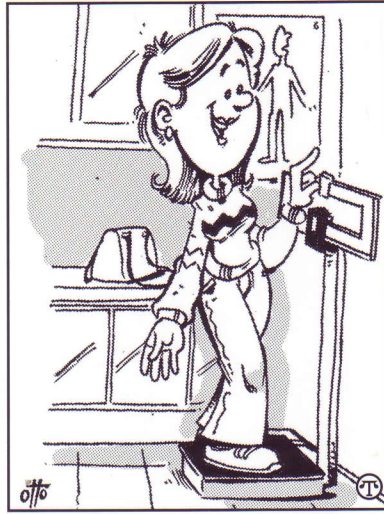


Weight Loss Basics

(NAPS)—Sweet Potato Bread is a delicious way to peel off weight while having a healthy serving of bread and vegetables.



Sweet Potato Bread

- 2 cups sugar
- ½ cup cooking oil
- 1 cup egg substitute
- 3½ cups all-purpose flour
- 1½ tsp. baking soda
- ½ tsp. salt
- 1 tsp. cinnamon
- 1 tsp. nutmeg
- ⅔ cup water
- 2 cups fresh sweet potatoes (yams), cooked and mashed or 2 (15 oz.) cans sweet potatoes, drained and mashed
- ½ cup chopped pecans (optional)

Combine sugar and oil; beat well. Add egg substitute and beat. Combine dry ingredients and add to egg mixture alternately with water. Stir in sweet potatoes and chopped pecans. Pour into three greased 9 x 5-inch loaf pans.

Bake at 350 degrees for about 1 hour. Will freeze well. Makes 36 ¼-inch thick slices.

For more information and recipes, visit www.sweetpotato.org.