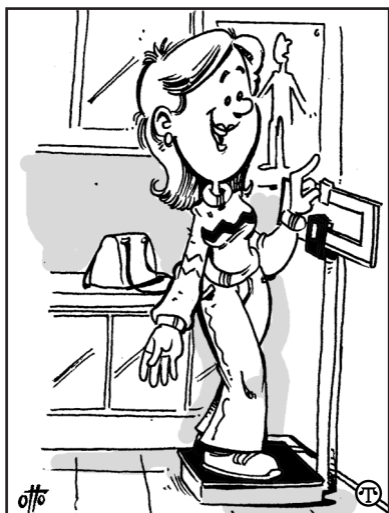


Weight Loss Basics

(NAPSA)—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**
- 1/2 cup cooking oil**
- 1 cup egg substitute**
- 3 1/2 cups all-purpose flour**
- 1 1/2 tsp. baking soda**
- 1/2 tsp. salt**
- 1 tsp. cinnamon**
- 1 tsp. nutmeg**
- 2/3 cup water**
- 2 cups fresh sweet potatoes (yams), cooked and mashed or 2 (15 oz.) cans sweet potatoes, drained and mashed**
- 1/2 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 1/4-inch thick slices.

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