

Easy Cranberry Yam Bread

Brought to you by Holly Clegg and *Eating Well Through Cancer*

Cream cheese gives this incredible, yet easy, bread a rich flavor packed with the natural sweetness of yams and a burst of cranberries. Makes a great snack and you can toss in some walnuts for added flavor and crunch.

Makes 16 slices

- 1 (8-ounce) package reduced-fat cream cheese, softened
- 1 cup sugar
- 1 (15-ounce) can sweet potatoes (Louisiana yams), drained and mashed
- 2 eggs
- 1 1/2 cups biscuit baking mix
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1 cup dried cranberries, or 1 cup chopped fresh cranberries

1. Preheat oven to 350°F. Coat 9 x 5 x 3-inch loaf pan with nonstick cooking spray.
2. In large mixing bowl, cream together cream cheese and sugar until light and fluffy. Beat in sweet potatoes and eggs. Stir in biscuit mix, cinnamon, nutmeg, cranberries until just blended. Transfer to prepared pan.
3. Bake 45 minutes - 1 hour, or until toothpick inserted in center comes out clean. Cool in pan 15 minutes before serving.

Nutritional information per serving

Calories 189, Protein (g) 4, Carbohydrate (g) 31, Fat (g) 6, Calories from Fat (%) 26, Saturated Fat (g) 3, Dietary Fiber (g) 1, Cholesterol (mg) 37, Sodium (mg) 231 Diabetic Exchanges: 1.5 starch, 0.5 fruit, 1 fat

Quick Tip

Freezes well so great to make ahead, wrap in plastic wrap, place in zipper-lock bags, and freeze until ready to give.