

Yam Fries

2 – 3 cups of organic yams cut french-fry style
organic canola oil
cayenne
paprika
Spike

Preheat oven to 450°F.

Spread cut yams on non-stick cookie sheet. Sprinkle on spices to taste. Drizzle with oil. Toss to spread spices and oil.

Bake initially at 450° for 20 minutes turning once after the first 10 minutes.

Continue baking at 325° for another 10 minutes or to taste.