

GERC Survival Loaves

By Mark Hayden, N7YLA

High in Vitamin A – the Vision Vitamin



Ingredients

1 box spice cake mix (16.5 oz)

1 20oz can cut yams (use the light syrup too)

Directions

Simply mash the yams into a puree and mix together with the spice cake mix. Drop heaping tablespoons into a greased mini loaf pan.

Bake at 350 for 20-25 minutes or until a knife comes out clean.

Number of servings: 10 loaves.



These ingredients are available at
the 99¢ Store



99¢

99¢