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## **Baked Yam Fries**

### **Ingredients:**

2 yams  
2 tbsp coconut oil, melted  
Sea salt and black pepper

### **Directions:**

1. Preheat oven to 450 degrees.
2. Wash, peel and slice yam into strips.
3. In a large Ziplock bag, add yam fries, coconut oil, and any other spices.
4. Shake until all fries are coated evenly.
5. Lay fries on baking sheet in a single layer.
6. Bake for 15 minutes, or until edges are slightly brown.