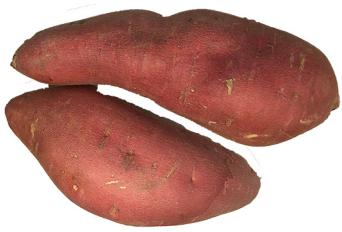


## Fried Yams

Item	Amount	Available / Bought
	1 large or 2 smaller (1 pound / 450 grams) <b>Yams</b>	
	<b>Coconut Oil</b>	
	1/4 teaspoon <b>Sea Salt - Coarse</b>	