

Jeanette's FAN-ed Canned Yams

Ingredients:

- 2 Cans of sweet potato (15 oz. cans)
- ½ cup **sugar-free** pancake/waffle syrup
- ½ cup Splenda
- ½ teaspoon cinnamon

Combine all ingredients into saucepan and bring to a boil. Lower heat slightly and simmer for 30-45 minutes uncovered, stirring occasionally.

Nutritional Information:

Calories: 110 Total Fat: 0g Sodium: 95g

