

# Oven Roasted Sweet Potatoes

## Ingredients:

- 4 Sweet Potatoes
- 2 T Olive or Coconut Oil\*
- 1/2 t Sea Salt (or more to taste)
- 2 t Cinnamon
- Pepper, to taste



Directions: Pre-heat oven to 375 F. Scrub sweet potatoes and cut into cubes (peel if desired, leaving peel on adds fiber!). Toss with oil and spices and roast 30-45 minutes, stirring halfway through cooking until fork tender. Let cool 5 minutes and eat.

Notes: Additional spices can be added or substituted (cayenne will add heat, dill/parsley/garlic will impart Ranch flavor, etc)

\*Unrefined coconut oil will give a more neutral flavor while extra virgin olive oil will give a stronger flavor. Melt coconut oil before adding.



Recipe by: Beth

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**Nutrition Information per serving  
(1/4 Recipe):**

**Calories: 178**

**Fat: 7 grams**

**Protein: 2 grams**

**Carbohydrates: 24 grams**

**Fiber: 4 gram**

**Sodium: 243 g**

**Potassium: 816 mg**

**French Fries (med)**

**365 Calories**

**17 g Fat**

**4 g Protein**

**48 g Carbs**

**4 g Fiber**

**246 mg Sodium**

**677 mg Potassium**

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