

# *From our kitchen to yours*



## **Roasted Sweet Potato Fries**

*PREP TIME: 5 min    COOK TIME: 30 min    TOTAL TIME: 35 min    YIELDS: 2 servings*

### **Ingredients:**

1 small      sweet Potato  
1/2 tbsp     coconut oil (melted)  
pinch        ground cinnamon

### **Directions:**

Preheat oven to 375F.

Peel the sweet potato and cut into sticks approximately 1/4" wide and 2" long. Avoid slicing them too thin or they will become floppy.

Spread the fries on a baking sheet and drizzle with coconut oil and cinnamon. Use a spatula to toss the fries and coat them evenly with oil.

Bake for approximately 30 minutes, turning half way through. The fries should be soft and not overly charred.

Fries will keep in the fridge for a few days or in the freezer for up to 4 weeks.

