

ROASTED SWEET POTATOES

INGREDIENTS:

- ❖ Sweet potatoes 3
- ❖ Olive oil 2 tsp
- ❖ Butter 1 TBSP
- ❖ Brown sugar (organic) 1 TBSP
- ❖ Cinnamon (ground) 1 tsp
- ❖ Nutmeg (ground) ¼ tsp
- ❖ Ginger pinch
- ❖ Sea salt to taste

METHOD:

1. Preheat the oven to 350 degrees.
2. Coat a small baking dish with cooking spray.
3. Peel and cut sweet potatoes into bite size cubes place in baking dish.
4. Melt butter in the microwave and pour over the potatoes along with the olive oil, brown sugar, cinnamon, nutmeg, ginger, and salt.
5. Toss to coat evenly.
6. Bake in the oven for 60 minutes
7. Stir the sweet potatoes once or twice during roasting.

