

## Salty, Cinnamon Sweet Potato Fries

Prep Time: 15 minutes | Cook Time: 30-35 minutes

Servings: 4 | Serving Size: ¼ of recipe



*Sweet potatoes are a great source of antioxidants, beta-carotene, and Vitamins A & C to support a healthy immune system. Because they are more fibrous than white potatoes, they have a lower glycemic response and fall into the “good carb” category! Cinnamon can also help to reduce sweet cravings—an awesome bonus!*

### Ingredients:

- 2 medium sweet potatoes, sliced into fries\*
- 1 ½ tablespoons coconut oil, melted
- 1 teaspoon ground cinnamon
- 1 teaspoon sea salt

### Directions:

1. Preheat oven to 425 degrees and line a baking sheet with parchment paper.
2. Place fries in a large bowl, then add melted coconut oil, cinnamon, and salt and toss well to coat fries.
3. Pour the potatoes in a single layer onto your baking sheet. Be sure to not overlap any fries, this will help them cook evenly and crisp slightly.
4. Bake in oven for about 30-35 minutes or until fries are slightly browned.
5. Serve hot!

### Tips and Tricks:

\*You can peel your potatoes, but we leave the peel on for the extra vitamins. You can also chop these into small cubes if you prefer instead of fries- either way they are delicious!

### Nutritional Information Per Serving:

**Calories: 96.8**  
**Fat: 5.2 g**  
**Cholesterol: 0.0 mg**  
**Sodium: 602 mg**  
**Total Carbohydrate: 12.3 g**  
**Dietary Fiber: 2.2 g**  
**Sugars: 4.8 g**  
**Protein: 1.2 g**