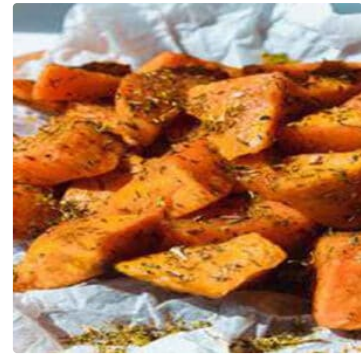


Roasted Sweet Potatoes

Delicious nutritious Sweet Potatoes packed with Protein, Fiber, & Vitamins.



COURSE
Appetizer, Side Dish, Snack

CUISINE
American



INGREDIENTS

- 4 Sweet Potatoes peeled and cut in cubes about 1-inch pieces
- 1/3 Cup Olive Oil
- 1/3 Cup Honey
- 2 Tsp Cinnamon
- 1 Tsp Sea Salt
- 1/4 Tsp Fresh Black Pepper

INSTRUCTIONS

1. Place Sweet Potato cubes on a baking pan, drizzle Honey all over, sprinkle all the spices, 1/2 of the Olive Oil, mix to coat all the Sweet Potato cubes.

Preheat oven to 375 degrees, bake for 25-30 minutes tossing sweet potatoes about every 10 minutes.

When roasted, drizzle the rest of the Olive Oil and serve.

NOTES

Shopping List:

4 Sweet Potatoes, Extra Virgin Olive Oil, Honey, Cinnamon, Sea Salt and Pepper.

Health Comments:

Sweet Potatoes are super nutritious with Protein, Fiber, Vitamins A, B6 & C, Potassium, Manganese, Pantothenic Acid, Beta Carotene, Copper and Niacin.



KEYWORD

Deliciously Healthy Roasted Sweet Potatoes