

Silky Smooth Oven Roasted Sweet Potatoes

Serves 2-3

What you'll need...

2-3	medium sized sweet potatoes, scrubbed
1-2 tbsp	coconut, avocado or coconut oil
	salt & pepper (or ANY seasoning), to taste

What to do...

1. Line a baking tray with parchment paper. Ensure the oven is NOT heated!
2. Cut sweet potatoes into 2cm thick rounds. Toss with oil and seasoning.
3. Spread into single layer on prepared baking tray. Cover with more parchment.
4. Place in center of COLD, unheated oven. Set temperature to 375 F.
5. Roast 15-20 minutes. Remove parchment paper.
6. Roast 20-30 minutes longer or until soft and nicely browned.