

the organic cook

personal chef service

Salty cinnamon roasted sweet potatoes

- 1 teaspoon organic cinnamon, ground
- 1 teaspoon good quality sea salt
- 1kg organic sweet potatoes
- 2 tablespoons organic coconut oil (we like to use nuilife)

Preheat the oven to 180 degrees

Melt the coconut oil in a saucepan

Line a baking dish with paper

Prep the sweet potatoes into 3-4 chunks and cleaning any dirt off the skin (use organic with skin on more nutrients)

Rub the cinnamon, coconut oil and salt in the skin of the sweet potatoes and back for 20-25 minutes