

EST 2002

BODY DESIGN

PERSONAL TRAINING + YOGA

Recipe for

SWEET POTATO FRIES

FROM THE KITCHEN OF

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One of my favorite "treats" is Sweet Potato Fries.

They're easy to make and an excellent source of beta-carotene which your body turns into Vitamin A. They are also full of antioxidants and fiber. This recipe does call for sugar, but you can omit it if you prefer.

DIRECTIONS

1. Pre-heat oven to 450F.
2. Peel sweet potatoes and cut into wedges or disks.
3. Put sweet potatoes into bowl and toss with olive oil. Sprinkle salt, sugar and spice of your choice. Use your hands to mix well.
4. Spread the sweet potatoes in a single layer on baking sheet.
5. Bake for 25 - 30 minutes. Turn over after 15 minutes. Let cool for 5 minutes.

ENJOY!!!

INGREDIENTS

3 large sweet potatoes
1/4 cup olive oil (can use less)
1 tbsp. Salt
1 tbsp. Sugar
1-2 tbsp. Pumpkin Pie spice
(can also use Chipotle Powder, Smoked Paprika, Cajun Seasoning or garam masala)

