



recipe

TITLE :

Power Packed Sweet Potatoes

PREP TIME :

5 minutes

TOTAL TIME :

30 minutes

INGREDIENTS :

Sweet potatoes
Olive oil
Sea Salt
Garlic Powder
Nutritional Yeast

INSTRUCTIONS :

Put a cast iron pan* in the oven.

- Preheat oven to 450.
- Cube sweet potato
- Place in a mixing bowl
- Coat in this order:
 1. Olive oil
 2. Garlic powder
 3. Sea salt
 4. Nutritional yeast

Roast in cast iron pan for 24 minutes. Serve with homemade bone broth and protein of choice.
*If you don't have cast iron, a glass pan or cookie sheet will do just fine.

