

Roasted Sweet Potatoes

Ingredients:

- 3 sweet potatoes, peeled and cut into bite-size cubes
- 2 tablespoons olive oil
- 1 tablespoon honey or maple syrup
- 1 tablespoon melted coconut oil
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1/4 teaspoon sea salt
- Optional: chopped pecans or walnuts for topping

Directions:

1. Preheat the oven to 375°F (190°C). Grease a baking sheet or line it with parchment paper.
2. Place the sweet potato cubes in a mixing bowl.
3. In a separate small bowl, mix together the olive oil, honey or maple syrup, melted coconut oil, ground cinnamon, ground nutmeg, ground ginger, and sea salt.
4. Pour the mixture over the sweet potato cubes and toss until evenly coated.
5. Spread the coated sweet potato cubes in a single layer on the prepared baking sheet.
6. Roast in the preheated oven for about 30-35 minutes, or until the sweet potatoes are tender and caramelized, stirring halfway through cooking.
7. If desired, sprinkle chopped pecans or walnuts over the roasted sweet potatoes during the last 10 minutes of cooking for added crunch.
8. Once roasted, remove from the oven and let cool slightly before serving.
9. Enjoy these flavorful and aromatic roasted sweet

potatoes as a delightful side dish or snack!