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Simple Sides: Baked Sweet Potato Fries

INGREDIENTS

3 medium sweet potatoes, peeled and cut into French fry, wedge, or round shape
1.5 tablespoons coconut oil
1 tablespoon cinnamon
3/4 teaspoon kosher salt

PREPARATION

- 1 Preheat oven to 400 degrees.
- 2 Melt coconut oil over low heat in small saucepan.
- 3 In a large bowl, toss the potatoes, melted oil, salt and cinnamon.
- 4 Evenly spread the potatoes on a parchment lined baking sheet and bake for 30-40 minutes tossing or flipping occasionally.
- 5 Remove from the oven and serve.

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