

WHITE SWEET POTATO FRIES



The Ingredients

- 2 medium white sweet potatoes, peeled
- 2 tablespoons avocado oil
- 1 tablespoon light brown sugar
- 1/2 teaspoon sea salt, plus extra for sprinkling

The Directions

- Preheat the oven to 450 degrees.
- Halve the sweet potatoes lengthwise and cut each half into long spears. Place them on a sheet pan and toss with avocado oil. Spread the potatoes in one layer.
- Combine the brown sugar and salt and sprinkle on the potatoes.
- Bake for 15 minutes and then turn with a spatula. Bake for another 5 to 10 minutes, until lightly browned.
- Sprinkle lightly with salt and serve hot.