

HEALTHY SWEET POTATO FRIES

INGREDIENTS:

- 3 Sweet Potatoes
- 3 Tbl Arrowroot Starch (or cornstarch)
- 3/4 tsp Garlic Powder
- 1/4 tsp Paprika
- 1/2 tsp Real Salt
- 2 Ground Pepper
- 1 1/2 Tbl Fresh Parsley (finely chopped)
- 1 1/2 Tbl Coconut Oil (in liquid form)

DIRECTIONS:

1. Preheat oven to 450 degrees.
2. Line two baking sheets with parchment paper.
3. In a small bowl, combine the arrowroot starch, garlic powder, paprika, parsley, salt, and pepper. Set aside.
4. Peel the sweet potatoes and cut into thin, long slices, about 1/4" thick. The thinner your slices, the crispier your fries will be.
5. Place the sliced sweet potatoes in a bowl. Pour the spice/arrowroot mixture on top of the sweet potatoes and toss until well coated. Drizzle the coconut oil over the potatoes and toss until evenly distributed.
6. Lay out the sweet potatoes on the parchment lined sheets, spaced out in even layers and not touching, if possible.
7. Bake on the top racks of the oven for 20 minutes, remove and turn the sweet potatoes over with a spatula, then finish cooking for another 5 minutes.
8. Fries are done when the flesh starts to look bubbly and turns golden brown in spots.