

Baked Sweet Potatoes

Ingredients:

- 4 sweet potatoes
- 4 Tbsp., butter, ghee, olive oil or coconut oil
- Optional: seasonings

Instructions:

1. Preheat oven to 425°.
2. Wash & scrub sweet potatoes.
3. On a baking sheet, add sweet potatoes.
4. Prick sweet potatoes with a fork in several places.
5. Rub a light coating of olive or coconut oil over the skin.
6. Bake until tender, 45 to 50 minutes or until soft.
7. Let cool, then split the tops open with a knife and top with butter, ghee or oil.
8. Season with salt, pepper and other seasonings as desired.
9. Serve.
10. Refrigerate the rest for later.
11. Enjoy.

Benefits

Yummy, creamy goodness! A healthy carb!! Pre bake a bunch of sweet potatoes for a delicious, ready to go side or anytime snack. They can be enjoyed hot, warm, cold, mashed, fluffed or sliced. Rich in fiber, assorted minerals and Vitamin A and beta carotene, sweet potatoes are your *go to* food for satisfying a carb or sweet craving. Adding some butter or oil provides the fat needed for better absorption of Vitamin A and beta carotene-so important for immune health.