

Sweet Potato Fries

3 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 425°F (218°C) and line baking sheet(s) with heavy-duty foil. Grease with 1/3 of the coconut oil or a cooking spray.
2. Rinse and pat your sweet potato strips dry. Toss them in a bag or bowl with tapioca flour until well coated.
3. Add the remaining coconut oil to the sweet potato strips and gently toss. Arrange the strips onto your baking sheet(s), being careful not to crowd the pan and bake for 25 to 30 minutes, flipping halfway through.
4. Season with salt if desired, and let cool slightly before serving. Enjoy!

Notes

No Tapioca Flour

Use arrowroot powder, brown rice starch or cornstarch instead.

Spice it Up

Add your choice of seasonings after tossing the sweet potato strips with coconut oil. You can use chipotle powder, cumin, paprika, garlic powder and/or onion powder. Do not season with salt until after roasting.

Crispy Fries

For crispier fries, soak the strips in water for at least 1 hour, or overnight. Drain and pat dry before baking.

Serve Them With

Our Magical Mayo, 15 Minute Grilled Steak, Corn & Chickpea Guacamole Salad, or any of our burger recipes (like the Apple Turkey Burgers with Caramelized Onions & Brie).

Leftovers

Refrigerate in an airtight container up to 4-5 days, or freeze. To re-crisp the fries, reheat with a bit of oil in a skillet on your stovetop.

Ingredients

- 3 tbsps** Coconut Oil (melted)
- 2** Sweet Potato (large, sliced into 1/4 inch strips)
- 1 1/2 tbsps** Tapioca Flour