

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Smashed Sweet Potatoes

Adapted from www.julieblanner.com

Sweet potatoes

Olive oil

Coconut or unrefined sugar, optional

Cinnamon, optional

Salt

1. Bring a large pot of water to a boil. Add cleaned sweet potatoes, with skin. Boil 23-25 minutes depending on the size of your potatoes.
2. Preheat the oven to 450°.
3. Cut potatoes in half and place on a cookie sheet. Slightly smash them.
4. Drizzle potatoes with olive oil. Sprinkle them with salt, cinnamon and sugar (if desired).
5. Bake for 20-25 minutes, until golden.