

Cinnamon Turmeric Sweet Potatoes

Serves 4

Ingredients

3 medium-large sweet potatoes
2 tablespoons turmeric
2 tablespoons cinnamon
2 tablespoons thyme
pepper/salt (optional) to taste
2-4 tablespoons extra virgin olive oil

Preparation

Preheat oven to 400°F.

Peel sweet potatoes and cut into bite size pieces

Place potatoes in a large bowl. Add extra virgin olive oil to lightly cover. Add spices, herbs, salt (optional), pepper. Mix well.

Place the potatoes on a sprayed baking sheet.

Cook for 45-60 minutes. Serve.

