

Ashley's Meal Prep Monday!



Easy Peasy Sweet Potatoes



Preheat oven to 375

INGREDIENTS

- 4 sweet potatoes/yams, peeled and cut into 1-inch cubes
- 1/3 avocado or olive oil, plus a little more if you want to drizzle on top once out of the oven
- 1/4 cup raw honey
- 2 TSP ground cinnamon
- salt/pepper to taste

Lay sweet potatoes out in a single layer on a roasting pan (I recommend putting foil down first, it can get sticky)

Drizzle oil, honey, cinnamon, salt and pepper over the potatoes

Bake for 25-30 minutes

Enjoy!



CARTWRIGHT'S
MARKET

