

# LOADED BAKED SWEET POTATO WEDGES

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NO GLUTEN



VEGETARIAN



PALEO

DIFFICULTY: EASY

TIME: 40 MINUTES

SERVES: 2-3

Sweet potatoes are loaded with gut-friendly fibre as well as being an impressive source of immune-boosting Vitamin A and Vitamin C.

## METHOD

Preheat oven to 230 C. Scrub the sweet potatoes clean. Cut the potatoes into wedges - first, cut off the ends. Then, cut the potato in half. Cut each half in half, lengthwise. Finally, cut them into 4-5 wedges, lengthwise again. Rinse the wedges with cold water for 10-15 seconds and pat dry. In a large bowl, mix the oil with the seasonings. Toss the wedges with the seasoned oil, using your hands to coat each one. Spread them out on a parchment paper-lined baking sheet that has been lightly greased. They should have ample room and not be touching. Bake them for 20 minutes. Flip them over and bake for another 10-15 minutes. Watch them closely those last few minutes, they should be dark golden brown, not black. Cool a bit and enjoy!

## INGREDIENTS

- 1-2 Tbsp coconut or olive oil
- 500 g sweet potatoes, cleaned and wedged
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp sea salt
- 1/4 tsp black pepper

### Toppings/sides:

- Mashed avocado
- Diced tomato and red onion
- Plain Greek yoghurt + sour cream blend