

CRISPY CORNMEAL SWEET POTATO FRIES

(adapted from My New Roots)

- 2 – 3 large sweet potatoes
- 2 Tbsp. melted coconut oil
- 4 Tbsp. cornmeal
- 1 tsp. sea salt
- 1 tsp smoked paprika

Scrub the sweet potatoes well under running water. Slice them into long sticks (thinner than 1/2 inch). Place them in a bowl of water, swish around a few times, then drain. Lay them on a clean tea towel and dry thoroughly. Let them air dry completely.

Heat the oven to 400°F/200°C. On low heat, melt coconut oil in a small saucepan. Place cut potatoes in a plastic bag, seal and shake the bag vigorously to coat (this can also be done on a baking sheet, drizzle the oil over and toss very well to coat). Add cornmeal, salt, and smoked paprika to the bag and toss well to coat.

Place potatoes on a lined baking sheet, making sure that they are not overlapping.

Bake for 30-40 minutes until golden brown and crisp.