

Baked Sweet Potato with Walnuts

2 SERVINGS 40 MINUTES



INGREDIENTS

- 2 Sweet Potato (medium sized, halved)
- 1 tsp Coconut Oil
- 1/3 cup Walnuts
- 1/4 tsp Sea Salt
- 1 tsp Nutritional Yeast (optional)

NUTRITION

AMOUNT PER SERVING

Calories	268	Carbs	29g
Fat	15g	Protein	6g

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Rub the sweet potatoes with oil and place cut side down. Bake for 35 to 40 minutes, until slightly caramelized and soft.
- 03 Place the walnuts in the oven with the sweet potato during the remaining 8 minutes of cooking. Then remove, let cool slightly and roughly chop.
- 04 Season the sweet potatoes with salt. Top with chopped walnuts and nutritional yeast, if using. Enjoy!