

Sweet Potato & Coconut Bites

4 SERVINGS 40 MINUTES



INGREDIENTS

2 Sweet Potato (large, cut into cubes)
2 tbsps Avocado Oil
1/2 cup Unsweetened Shredded Coconut
1 tbsp Cinnamon

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|---------|-----|
| Calories | 189 | Carbs | 17g |
| Fat | 14g | Protein | 2g |

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper.
- 02 Add the sweet potatoes, oil, shredded coconut and cinnamon into a bowl. Toss together until combined.
- 03 Place in the oven and bake for 30 to 35 minutes, flipping them at the halfway point. They will be brown and toasty on both sides. Remove from the oven and enjoy!