

Dr. Jenns Oven Baked Sweet Potato Fries

Here is what you need:

- 2 pounds sweet potatoes, about 3 large ones
- ¼ cup olive oil
- 1-2 tablespoons palm sugar
- 1 tablespoon Salt
- ½ Tablespoons spice, or spice combination of your choice, or Cinnamon.

Here is what you do:

- Preheat oven to 400 degrees fahrenheit. (For crispier fries do 500)
- Peel the sweet potatoes and cut off ends. Cut the potatoes in half length wise and then, if they are very long, in half crosswise. Cut each piece into wedges.
- Put the sweet potatoes into a large bowl and add the oil. Mix well to combine. Sprinkle salt, sugar, and spices. Use your hands to mix well, so all pieces are coated.
- Spread the sweet potatoes out in a single layer on a baking sheet.
- Bake for a total of 25 to 30 minutes. After first 15 minutes, remove the baking sheet from the oven and turn over all of the fries. Return to the oven and bake for another 10 to 15 minutes, or until they are well browned. Let cool for 5 minutes before serving.

Enjoy!

Yield: Serves 4-6 as a side dish.