



Peace, Love and Light!

Plant-based Roasted Sweet Potatoes

PRESENTED BY
peaceloveandlight.co

INGREDIENTS

3 lbs peeled and chopped sweet potatoes
1-2 tbsp extra virgin olive oil
1 tsp sea salt
2 tsp herbs de provence

INSTRUCTIONS

1. Preheat oven to 425 degrees.
2. Line a large baking sheet with foil and set aside.
3. Chop the sweet potatoes into approximately 1 inch cubes
4. Spread the chopped sweet potato into a single layer onto the prepared lined baking sheet
5. Drizzle with the extra virgin olive oil over all of the sweet potatoes
6. Sprinkle the sea salt and herbs de provence to fully coat all the sweet potatoes.
7. Bake for 18 minutes. Stir and flip sweet potatoes over and return the sweet potatoes back tot he over. Continue baking for 18 more minutes until golden and crispy.

