

Honey Cinnamon Roasted Sweet Potatoes



Instructions

1. Pre-heat oven to 375°F (190°C).
2. Toss the sweet potatoes with the melted butter, honey and ground cinnamon. Transfer them to a baking sheet lined with parchment paper. Spread the sweet potatoes evenly in a single layer.
3. Roast in oven for 30 minutes. Transfer the sweet potatoes to a serving platter and serve immediately.

- ☐ 20 oz. sweet potatoes (*peeled and cut into bite-sized pieces*)
- ☐ 3 tablespoons melted butter
- ☐ 2 tablespoons honey
- ☐ 3-4 heavy dashes ground cinnamon

Nutrition for ½ a cup

Calories	152	Sodium	108 mg
Total Fat	8 g	Potassium	0 mg
Saturated	1 g	Total Carbs	21 g
Polyunsaturated	0 g	Dietary Fiber	3 g
Monounsaturated	0 g	Sugars	12 g
Trans	0 g	Protein	1 g
Cholesterol	0 mg		
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Vitamin A	0%	Calcium	0%
			0%
Vitamin C	0%	Iron	