

Brickhouse Nutrition

<https://brickhousenutrition.com/blogs/recipes/sweet-potato-fries>

Sweet Potato Fries

Prep Time: 25 mins Servings: 2

What You'll Need:

ITEM	AMOUNT
Medium Sweet Potatoes (peeled, and cut into strips)	2 each
Melted Coconut Oil	2 Tbsp
Garlic Powder	1 Tsp
Onion Powder	1 Tsp
Pink Himalayan Sea Salt & Cracked Black Pepper	1 Pinch

Follow These Simple Steps:

1. Start by preheating the oven to 400 degrees fahrenheit. Line a baking sheet with parchment paper.
2. Add the sweet potato strips to the lined baking sheet and drizzle with the melted coconut oil.
3. Season with the garlic and onion powder.
4. Season with a pinch of sea salt and pepper and bake for 20 minutes, flipping halfway through.
5. Allow to cool and enjoy!

LET'S SEE YOUR RESULTS! Tag [@brickhousenutrition](#) on Instagram!