



Cinnamon Sweet Potatoes

INGREDIENTS

4 medium sweet potatoes, peeled and sliced ½ inch thick
¼ cup butter, melted
1 tablespoons maple syrup
2 teaspoon ground cinnamon
Pinch of sea salt

DIRECTIONS

Preheat oven to 350 degrees F. Line a baking sheet with foil or parchment paper. Arrange sweet potato slices on the baking sheet. Brush potatoes with ½ the butter and ½ of the maple syrup. Sprinkle with ½ of the cinnamon and a touch of salt. Bake 15 minutes in the preheated oven. Turn, brush with remaining butter, syrup and sprinkle with remaining cinnamon and a touch of salt. Continue baking 15 minutes, or until tender. Makes 4 servings; 80 calories each