



## Baked Sweet Potato Wedges

**Active Time:** 5 minutes | **Total Time:** 35 minutes | **Serves:** 4

### Nutrition Information Per Serving

86.1 calories, 13.08 g carbohydrate, 1.95 g fiber, 11.13 g NET carbs, 1.02 g protein, 3.53 g fat

### Ingredients

- 1/2 tsp(s) sea salt
- 2 medium(s) organic sweet potatoes, quartered
- 1 Tbsp virgin coconut oil

### Preparation

1. Preheat oven to 400 F. Melt coconut oil.
2. Toss sweet potato wedges with oil in a medium bowl. Sprinkle with salt.
3. Place wedges on a cookie sheet. Bake 30 minutes to golden brown.

This free recipe cannot be redistributed without prior permission from MealGenius.com.  
If you have obtained this recipe from any source other than MealGenius.com please contact us.