



## Slow Cooker Sweet Potatoes

**Active Time:** 10 minutes | **Total Time:** 4 hours | **Serves:** 4

### Nutrition Information Per Serving

148.2 calories, 28.03 g carbohydrate, 5.12 g fiber, 22.91 g NET carbs, 2.14 g protein, 3.64 g fat

#### Ingredients

- 1 Tbsp organic virgin coconut oil
- 1/4 tsp(s) nutmeg
- 3 tsp(s) ground cinnamon
- 4 medium(s) organic sweet potatoes

#### Preparation

1. Wash potatoes and prick with a fork.
2. Combine coconut oil, cinnamon and nutmeg. Coat each potato with mixture.
3. Place in slow cooker with 1/2 cup water.
4. Cook on low 4-6 hours, or until tender when pierced.

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