

# Sweet Potato Fries



## Ingredients

- 3 medium sweet potatoes
- 1/2 teaspoon fine sea salt
- 2 Tablespoons extra virgin olive oil
- **Optional spices:** freshly ground black pepper, cayenne pepper and/or garlic powder

## Directions

1. Preheat the oven to 350 degrees.
2. Slice sweet potatoes into thin fries.
3. Arrange sweet potatoes on a baking sheet, add salt, drizzle with olive oil, and season as desired.
4. Bake for 15-20 minutes or until crispy.