

Sweet Potato Fries

Ingredients:

- 1 sweet potato
- 1 tablespoon of olive oil or oil of your choice (avocado oil, canola oil, etc.)
- Seasonings of your choice to taste (salt, garlic powder, onion powder, paprika, brown sugar, cinnamon).

Instructions- Oven

1. Preheat oven to 425 degrees.
2. Cut potato
3. Mix with oil and seasonings
4. Bake for 20 minutes
5. Enjoy!

Instructions- Air Fryer

1. Cut potato
2. Mix with oil and seasonings
3. Bake at 380-390 degrees for 20 minutes.
4. Shake halfway through
5. Enjoy!

