



Healthy Savory Sweet Potato Fries

By Wellness Mama

Prep time: 10 min

Cook time: 30 min

Total time: 40 min

Ingredients

- ¼ cup [olive oil](#) or melted [coconut oil](#)
- spices of choice such as [garlic](#), [sea salt](#), [pepper](#), [basil](#), [oregano](#), and [thyme](#)
- 2-3 large sweet potatoes

Instructions

1. Preheat oven to 400°F.
2. Mix olive oil and spices together in a small bowl.
3. Slice sweet potatoes into desired size and put on large baking sheet (or two if you are making a lot).
4. Pour the oil/seasoning mixture over the fries and toss by hand until evenly coated.
5. Bake for 25-30 minutes or more until slightly browned and tender.
6. Serve with homemade ketchup or mayo (It is a French thing!).

Notes

Play with the spices to suit your tastes - Cajun, lemon pepper, cinnamon and spice?