



Cinnamon Roasted Sweet Potatoes and Apples

MAKES: 6 servings

PREP TIME: 15 minutes

COOK TIME: 40 minutes

Ingredients

- 2 sweet potatoes, cubed (or about 4 cups)
- 2 apples, cubed (or about 2 cups)
- 3 tablespoons oil or butter
- ¼ teaspoon salt
- 2 tablespoons maple syrup or liquid sweetener
- ½ teaspoon cinnamon
- ½ teaspoon vanilla extract

Topping Ideas

- chopped nuts
- granola
- plain yogurt



Directions

1. Pre-heat oven to 425F degrees.
2. Rinse and cut sweet potatoes (you may leave peels on).
3. Toss sweet potatoes with 2 tablespoons oil and salt.
4. Bake for 20 minutes, stirring halfway.
5. Rinse and cut apples (you may leave peels on).
6. Toss apples with syrup, cinnamon, vanilla and oil.
7. Add apples to sweet potatoes and bake for 20 more minutes, or until browned and caramelized.

Naturally Sweet

Sweet potatoes and apples both contain sugar, but they also have fiber, vitamins, minerals and antioxidants. Eating the peels only improves the health benefit. This versatile dish can be served for breakfast, dinner or even dessert!

Adapted from: JoyFoodSunshine.com