

# Sweet Potato Wedges

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*Sweet potatoes are actually a brilliant source of nutrients and are lower in carbohydrates than normal potatoes. Either eat them as a sweet snack or serve them with a main course.*

## Ingredients:

4 sweet potatoes  
Dash of olive oil  
4 tbsp. cinnamon  
1 tbsp. sugar

## Directions:

1. Preheat the oven to 180C.
2. Peel the sweet potatoes and then slice them into thin discs or wedges.
3. Drizzle the potato pieces with olive oil to cover them and sprinkle them with the cinnamon and sugar.
4. Place the wedges onto a baking tray and cover the tray with foil. Bake the potatoes for 45 minutes to an hour or until darkened and crispy.

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