



Roasted Orange Sweet Potato

Ingredients

- 2 large orange sweet potatoes peeled and diced
- generous amount of olive oil spray
- ½ tsp Spanish Smoked Paprika
- ½ tsp dried ginger
- ½ tsp dried garlic
- ½ tsp Ras el Hanout or Garam Massala
- salt and pepper
- You can use any herbs and spices, experiment!

Instructions

- Preheat oven to 180 degrees
- Peel and either cube or slice into 2cm discs.
- Generously coat in olive oil spray and toss in the herbs and spices
- Bake in oven for 40 mins
- Eat as a side or allow to cool and they become a good source of resistant starch when reheated, they are also a good source of soluble and insoluble fiber, all feed your good gut bacteria.

Sweet potatoes are a great source of Vitamin A and Beta-Carotene as well as Vitamin C, Vitamin B, potassium and manganese. They are a good source of complex carbohydrates, they digest slowly and don't cause sugar crashes.