

# *Eatdrinkandbesexy.com*

## Baked Sweet Potato Frites

1 sweet potato the size of your fist (1 potato per person...increase number if serving others)

1 tbsp coconut oil or coconut ghee blend

¼ - ½ tsp coarse sea salt...depends how salty you like it

¼ tsp ground smoked chipotle pepper...nice spicy bite!

Or use any combination of spice you so desire

Preheat oven to 375 degrees. Julienne the sweet potato with a mandoline, slicer or knife (I prefer a thin frite, if you enjoy a thicker frite; increase your bake time by 10-15 minutes and lower your cooking temperature to 350 degrees). Place into cold water so that all frites are covered and set aside for 5 minutes. Drain in a colander, blot with a cloth to get as much water off as possible. Place sweet potato into bowl. Melt coconut oil and mix it with the seasonings in a bowl. Pour mixture over the potatoes stir until all pieces are coated with oil. Place potatoes onto cookie sheet and spread out, do not overlay pieces...the more space the better. Bake Frites for 35-40 minutes or until desired tenderness is reached...this can vary dependent of your oven. Serve with organic ketchup, mayo or whatever you like to eat your frites with.