**Sweet Potato Fries**

**Cooking time-** 40-50 minutes **Baking Temp-** 400

**Ingredients:**

* 1-2 sweet potatoes, peeled and cut into fries
* 1 tsp. avocado oil
* Garlic powder
* Fresh ground pepper

**Directions:**

* Soak chopped sweet potatoes in a large bowl of cold water for 1 hour
* Rinse off and Dry
* Place them back into a dry bowl
* Drizzle with 1 tsp of Avocado oil and toss
* Season with Garlic Powder and Pepper – no salt yet
* Place them on to a baking sheet that is lined with parchment paper
* Cook for 20 minutes
* Flip and cook for another 15-20 minutes
* Open oven and check if they are starting to brown
* Crack oven open and continue to cook till crispy
* Remove and toss with Sea Salt

Cooking time depends on the cooking sheet you use. Some sheets take longer to cook.

You can cook these in an Air fryer as well at 400 degrees for about 20 minutes tossing half way through.