



Baked Sweet Potato with Walnuts

2 servings

40 minutes

Ingredients

- 2 Sweet Potato (medium sized, halved)
- 1 tsp Coconut Oil
- 1/3 cup Walnuts
- 1/4 tsp Sea Salt
- 1 tsp Nutritional Yeast (optional)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Rub the sweet potatoes with oil and place cut side down. Bake for 35 to 40 minutes, until slightly caramelized and soft.
- 3 Place the walnuts in the oven with the sweet potato during the remaining 8 minutes of cooking. Then remove, let cool slightly and roughly chop.
- 4 Season the sweet potatoes with salt. Top with chopped walnuts and nutritional yeast, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is one medium sweet potato.

Nut-Free: Use sesame seeds or pumpkin seeds instead.

More Flavor: Add fresh herbs such as thyme on top.

No Coconut Oil: Use olive oil or avocado oil instead.