

**Roasted Sweet Potato Slices:**  
**A slightly sweet & salty treat that nourishes Blood and Yin**

Roasted sweet potatoes make a delicious snack if you're on-the-go or a perfect alternative for grains in your meal. This dish is ultra-simple. I recommend roasting a big batch all at once so that you can have it ready to eat or ready to use. For example, I pair these slices with my roasted broccoli recipe, put a fried egg on top for a deliciously satisfying breakfast bowl!

Sweet potatoes nourish your Yin and Blood which is essential for deep, restful sleep and consistent energy throughout the day. Well-nourished blood will also reduce anxiety, keep muscles strong, and prevent dry skin. For those experiencing hormonal symptoms such as hot flashes or night sweats, sweet potatoes can be especially beneficial.

**Ingredients:**

- 2 medium or large Japanese Sweet Potatoes, thinly sliced
- 3 Tbsp olive or avocado oil
- Sea salt



Serving size: 6

Preparation time: 5 mins

Baking time: 25-30 mins

**Preparation:**

1. Pre-heat oven to 425 degrees
2. Rinse sweet potatoes and cut into thin slices
3. Place sweet potatoes in large mixing bowl, pour in oil and toss
4. Place slices on baking sheet (use parchment paper for quicker clean up)
5. Place in oven for 20 minutes
6. Remove from oven, using tongs, flip slices
7. Return sweet potatoes back to oven for another 5-10 minutes
8. When slices are slightly crisp and medium-browned, remove from oven – make sure not to burn them!
9. Sprinkle with sea salt

Serve warm and enjoy!

*Pro Tip: When making a breakfast bowl, fry a farm fresh egg or tofu slices and place on top of reheated veggies (such as sweet and easy sugar snap peas and roasted kale and a few sweet potato slices), sprinkle some black sesame seeds for extra Blood-nourishment!*