

# My Favorite Way to Sweet Potato!

Are you still learning to love sweet potatoes? I didn't grow up eating them so for me they were an adjustment. However, they are now one of my favorite things to eat! Recently I have discovered my very favorite, super simple way to enjoy them!

First, I cook several sweet potatoes in the Instapot. It only takes 10 to 15 minutes depending on how big your sweet potatoes are. Just prick the potatoes with a fork, put them in the pot and add a cup of water. Set the pot to seal and cook. You can use a quick release when they are finished cooking. After the potatoes are cooked I peel them and put them in baggies and freeze them till I'm ready to use them. When I'm ready to eat one I just heat it up.

While it is heating, in a small bowl I mix together two teaspoons of XES sweetener or gentle sweet, half teaspoon of cinnamon, a couple shakes of cayenne, and about a quarter teaspoon of salt. I mix that all together and sprinkle it over my sweet potato. Then I drizzle with about a teaspoon of MCT oil. It is delicious!







Honestly, if you love this sweet potato topping as much as I do you may want to make up a small container of it to always have on hand. Mix together 4 TBSP XES sweetener or gentle sweet , 12 shakes of cayenne and 1 1/2 tsp of salt. stir or shake it together and put in a small shaker bottle.

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