



Ingredients

- 1/2 Cup unsalted Butter (brown butter option)
- 1/4 Cup Water or orange juice
- 1/2 cup Coconut sugar, date sugar or brown sugar
- 1/2 Cup Monk fruit Sweetener or sweetener of choice
- 1 Tsp Vanilla
- 1/4 Tsp Salt
- 1/2 Tsp Nutmeg Ground
- 1/2 t Ginger
- 1/2 t All spice
- 1 Tsp Cinnamon Ground
- 4-5 Yams/Sweet Potatoes

Directions

1. Pre-heat oven to 350 F. degrees.
2. Brown your butter and set aside (this is optional)
3. Peel the sweet potatoes and cut them into desired shape. Put the potatoes in baking dish you wish to use and set aside.
4. On low heat in sauté pan add your butter sweeteners and spices, Wisk to combine.
5. Pour over your potatoes and cover with foil. Put in the oven for 60 minutes covered, then remove foil and finish baking for 30 minutes uncovered.