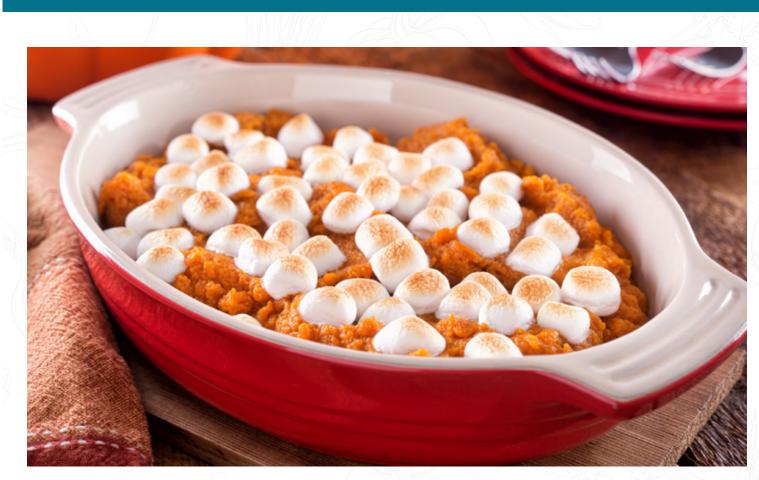
Low Carb Candied Yams





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.

www.tulsa-health.org

