**Candied Sweet Potatoes**

***Ingredients:***

* 6 **lrg** Sweet Potatoes (baked)
* 1½ c Coconut Milk
* **½-¾c** Honey or Maple Syrup
* ½t Coriander
* 1t Sea Salt
* ½c Walnuts (chopped) (opt)

***Directions:***

* 1. Bake potatoes and let cool before handling.
	2. Slice into ½ inch thick rounds and place in oiled baking dish.
	3. Mix sweetener and coriander and coconut milk until smooth and pour over potatoes.
	4. Sprinkle with walnuts if you desire.
	5. Bake at 425 ̊ for 15-20 minutes.
	6. The potatoes will absorb the liquid and dry some while baking.

**Serves: 6-8**

***Did you know?***

*Sweet potatoes are high in dietary fiber, also has naturally occurring carbohydrates and protein and calcium. They also contain the following: beta-carotene, vitamin A, vitamin B6 and vitamin C; fiber, thiamine, niacin, potassium and copper. They are also a good source of protein, calcium, vitamin E.*