

Breakfast Potato Bake



Ingredients

- 1 Tbsp coconut oil, melted
- 2 large sweet potatoes, chopped (about 4 cups)
- 1 yellow pepper, chopped
- 1 green pepper, chopped
- 1 small yellow onion, diced
- 1 Tbsp fresh parsley, chopped (optional)
- 1-2 garlic cloves, minced
- ¼ tsp chili powder or cayenne
- ½ tsp salt
- ¼ tsp pepper

Preheat oven to 375°

In a large bowl, mix all chopped ingredients and spices.

Pour coconut oil over and stir well.

Line a baking sheet with parchment paper.

Pour veggies onto paper and arrange evenly.

Bake for 20-30 minutes or until potatoes are tender.

Sprinkle parsley over your potato bake before serving.

Enjoy!