SWEET POTATO FRIES RECIPE HEALTHY



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These simple sweet potato fries come together quickly in the oven and are a kid approved veggie. They cook in one pan and kids can help make them!

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Easy Healthy and Baked Crunchy Sweet Potato Fries

I absolutely LOVE French fries, so it is time to tackle healthy sweet potato fries that are crispy and crunchy. I am a huge burger person, so naturally, I love fries as well. My favorites are the really thick, steak fries type. It can be hard to resist a craving for fries. Carbs are my weakness. Sweet potatoes are a great way to mildly reduce guilt.

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These oven baked sweet potato fries are simple, healthy and delicious. We make them in my house all the time.

They are so good that I forget that they are

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