

# ONE BITE

onebitevegan.com

*Vegan Magazine*

Sept / Oct 2019

TAKING CONTROL  
OF YOUR HEALTH  
with a Plant Based Diet

*Healthy lunch box*  
AND SNACK  
IDEAS FOR KIDS

WIN A COPY of VEGAN COMFORT COOKING \* RECIPES

SEASONAL  
» Fall Recipes «

FEELING SPOOKY!  
VEGAN HALLOWEEN  
RECIPES

MUST EATS IN MALTA - THE VEGAN TREATS YOU DON'T WANT TO MISS





# CRISPY BAKED SWEET Potato Fries

By Daniela Anderson

Learn how to make crispy baked sweet potato fries that are not only super delicious, but also healthy. A great side side or just a nutritious snack whenever hunger strikes.

**PREP TIME:**  
10 mins

**COOK TIME:**  
25 mins

**SOAKING TIME:**  
2 hrs

**TOTAL TIME:**  
35 mins



Daniella Anderson —

Daniella is a recipe creator at [mygorgeousrecipes.com](http://mygorgeousrecipes.com). She aims to show her followers that you don't need to be a wiz in the kitchen to be able to create delicious and healthy home-cooked meals.

Website: [www.mygorgeousrecipes.com](http://www.mygorgeousrecipes.com)

[Facebook](#) [Instagram](#) [Pinterest](#)

## INGREDIENTS

- 2 medium sweet potatoes
- 1 tbsp sunflower oil
- 1/4 tsp salt
- 1/4 tsp paprika
- cooking oil spray

## INSTRUCTIONS

1. Peel and cut the sweet potatoes into chunkier fries, then soak in cold water for about one or two hours, then drain the water and pat them dry using kitchen paper.
2. Preheat the oven to 220 degrees Celsius (430 Fahrenheit).
3. Sprinkle the sweet potatoes with salt and paprika.
4. Drizzle the oil onto a baking tray, and pop it in the oven for 2-3 minutes, until the oil becomes hot.
5. Arrange the sweet potatoes on the tray, leaving some space between them, if necessary, work in batches to avoid overcrowding.
6. Spray the potatoes with oil spray, or use some more regular oil, then bake in the oven for about 20-25 minutes, turning them on the other side half way through.
7. Depending on your oven they might need to be in the oven or less or longer time, so do check them after 20 minutes.
8. Serve hot.