

# Roasted Sweet Potatoes with Honey



Sweet potatoes offer high amounts of fiber and potassium. They may also help maintain healthy blood pressure and protect against cancer. And, they taste great with our Fiery Sweet Mesquite Honey or our Lucky Lime & Sea Salt Honey!

## **Ingredients**

3 large sweet potatoes  
3 tablespoons extra-virgin olive oil  
1 ½ teaspoons paprika  
Kosher salt and freshly ground black pepper  
3 tablespoons Lucky Lime & Sea Salt honey, Fiery Sweet Mesquite honey, or Blackland Prairie Wildflower honey

## **Instructions**

Preheat oven to 450 degrees. Using a paring knife, remove skins from sweet potatoes, then cut into 1-inch pieces. Toss sweet potatoes and olive oil in large bowl. Arrange pieces in single layer on parchment paper-lined baking sheet. Season with paprika, salt and pepper. Roast for 30 - 40 minutes, turning once halfway through, until lightly browned and tender. Place in bowl and drizzle with honey. Gently mix sweet potatoes to distribute the honey evenly. Serves about 6 people.

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