

Garlic Oregano Yam Oven Fries

2 medium yams
2 cloves garlic
2 tbsp. coarsely chopped
pumpkin seeds
1 ½ tbsp. coconut oil
½ tbsp. basil
Sea salt to taste

Preheat oven to 300°F.
Cut yams into wedges or
chunks. In a bowl, combine the
garlic, pumpkin seeds,
oregano, coconut oil, basil and
sea salt. Add the yams, stirring
with your hands to making
sure all the pieces are covered
with the mixture. Spread yams on a baking tray lightly oiled with coconut oil; bake for about 35
minutes. If you prefer them crispier, leave in oven for an extra 5 to 10 minutes.



Recipe from the book Thrive