Sweet Potato Fries

- **Ingredients:**
  - Sweet Potatoes (one per person, or more if you want to have leftovers)
  - 1 teaspoon of each – sea salt, chili powder, garlic powder, cinnamon
  - 1 tablespoon Maple syrup (optional, to drizzle)
  - Coconut oil

- **Directions:**
  - Preheat oven to roast at 400F. If you have an air fryer, you could also use this.
  - Clean the potatoes and then chop into wedges (I also peel my sweet potatoes, but this is optional).
  - Mix the spices in a bowl.
  - Drizzle coconut oil on the potato wedges and then coat the wedges in the spice mix.
  - Put the potato wedges on a baking tray and place in the oven for 30-45 mins, until golden brown on the outside and soft on the inside!
  - When they are done, drizzle with maple syrup for a touch of sweetness!