



AIR FRYER SWEET POTATO FRIES

PREP TIME: 4 minutes **COOK TIME:** 20 minutes **SERVINGS:** 2

INGREDIENTS

- 16 ounces sweet potato
- 1/2 teaspoon coarse sea salt (or more, to taste)
- 1/4 teaspoon black pepper
- 1/4 teaspoon paprika
- 2 teaspoons avocado oil (or oil of choice)

INSTRUCTIONS

1. Preheat air fryer to 380 degrees.
2. Slice sweet potato into 1/4- to 1/2-inch widths. Try to keep size fairly consistent.
3. Place potato slices in a mixing bowl along with oil, salt, pepper and paprika. Toss to coat.
4. Transfer mixture to the air fryer and cook until tender and crispy, about 20 minutes. Shake the basket a few times to rearrange fries and use a spatula to turn them. Check fries to make sure they don't burn.
5. Taste test and add more salt if needed.

Source: apinchofhealthy.com