

Twice Baked Sweet Potatoes with Coconut Oil and Cinnamon



Time: 105 minutes (prep 30 minutes, baking 75 minutes)

Serves: 4

Ingredients: 2 large sweet potatoes
2 tablespoons coconut oil
2 teaspoons ground cinnamon
¼ cup almond, hazelnut, or coconut milk
½ cup roasted cashews or hazelnuts, coarsely chopped
2 teaspoons sesame seeds, roasted
Sea salt and pepper to taste

Directions:

1. Preheat oven to 350 degrees F.
2. Pierce each sweet potato with a fork several times then place on a baking sheet and bake until tender, 45-60 minutes.
3. When sweet potatoes are cooked tender, cool until they are easy to handle.
4. Cut each potato in half lengthwise and scoop out all but ¼ inch wall of the flesh.
5. Combine sweet potato flesh, coconut oil, cinnamon, nut milk, sea salt and pepper in a large mixing bowl. Then mix with an electric mixer or a [potato masher](#) until potatoes become the consistency of whipped potatoes.
6. Spoon the filling into each of the sweet potato halves and place them on a baking sheet. Bake until the tops of the sweet potatoes start to brown, about 20 minutes.
7. Top with roasted cashews, hazelnuts, sesame seeds, or fresh herbs such as basil.