

Food Babe's Garlic Herb Sweet Potato Tots



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	20 mins	25 mins	4

<https://foodbabe.com/sweet-potato-tater-tots-with-homemade-ketchup-five-ingredient-guacamole>

Ingredients:

- 1 large sweet potato, peeled and diced
- 1 teaspoon garlic clove, minced
- ¼ teaspoon dried sage
- 1 pinch fresh rosemary
- 1 egg, beaten
- 2 tablespoons coconut flour
- ¼ teaspoon sea salt

Instructions:

1. Preheat the oven to 400° F.
2. Bring a pot of water to boil and add the sweet potatoes. Cook until a fork can pierce through but still firm, roughly 8-10 minutes.
3. Place the cooked sweet potato and remaining ingredients in a food processor and pulse until roughly combined. You do not want the mix to be completely smooth.
4. Take 1-2 tablespoons of sweet potato mix and form into the shape of a tater tot. Repeat with remaining mix. Place on a baking sheet and bake for 10-12 minutes on each side or until crispy. Enjoy!

Notes:

- Please use organic ingredients if possible