



tropical sweet potato hash

Serves 4, Prep time: 15 minutes, Cook time: 10 minutes

- 2 shredded sweet potatoes, any kind will work I used Purple Japanese
- $\frac{3}{4}$ cup sliced pineapple
- $\frac{1}{4}$ cup pure maple syrup
- $\frac{1}{4}$ shredded coconut
- 2 tablespoons coconut oil

Heat coconut oil in a non-stick skillet over medium heat. Add shredded sweet potato in one layer and then the slice pineapple. Mix it up just a bit so that some of the pineapple can caramelize while the sweet potato browns. Cook for about ten minutes until everything is nice and crispy and the pineapple is slightly charred.

Remove from pan, drizzle the maple syrup and sprinkle the coconut over the hash.

Enjoy!

Chassie

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