

Roasted sweet potato fries with lemon cashew dip

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Bake them in a little healthy oil, and use low GI sweet potatoes to keep blood sugars stable. They're a good source of dietary fibre too; you'll struggle to over-eat these. They're just as good (if not better) than the ones you'll find at the takeaway, just be sure to share them around!

Ingredients (serves 2)

- 2 large orange sweet potatoes, cut into fries
- 1 tbsp extra-virgin olive oil
- 1 tsp Himalayan salt
- ½ tsp each of cinnamon and paprika
- 2 tbsp cashew butter
- 1 tbsp tahini
- 1 tbsp extra-virgin olive oil, extra
- 1 clove garlic, crushed
- 1 tsp rice malt syrup
- 2 tbsp lemon juice
- 3-5 tbsp water
- 1 tbsp chopped rosemary (optional)

Method

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Preheat the oven to 220°C.

Place sweet potato fries to a baking tray, and drizzle over the olive oil. Sprinkle on the salt and spices, then toss the sweet potato to coat.

Roast for 25 to 30 minutes or until tender. Meanwhile, make the dip by adding the cashew butter, tahini, olive oil, garlic, rice malt syrup and lemon to a small bowl then mix well.

Add enough of the water to thin out the dip, mixing well, to your desired consistency.

Serve sweet potato fries sprinkled with rosemary, then dunk away.

Money saving tip: Make your own cashew butter by adding 2 cups cashews to a food processor, then process on low for 20 to 25 minutes or until creamy, scraping down the side as necessary. Resist the urge to add water – the oils from the nuts will eventually release to form a creamy butter; just be patient! Don't forget to give your food processor a few breaks too so it doesn't overheat. Add a pinch of sea salt and blend again for 30 seconds. Store in the fridge for up to 2 weeks or freeze for up to 4 months.

This recipe is a taste of [LOVE MOVE EAT](#) by [Sally O'Neil](#), published by Bauer Books. Available in all good bookstores and at magshop.com.au, \$34.99.

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