



Super Simple Slow Cooker Sweet Potatoes

Looking for a super easy slow cooker recipe? In a hurry and want a healthy whole food option for a cool evening? Don't underestimate what you can do with your slow cooker and healthy whole foods options

Ingredients:

5-6 medium sized sweet potatoes

Directions:

1. Wash sweet potatoes and leave wet
2. Put on the bottom of the crock pot, put lid on, and turn on low.
3. Cook for 6-7 hours or until tender.
4. Serve plain or add butter, salt or cinnamon.