

Sweet Potato Bacon

Serves 2*

Ingredients:

- 1 medium sweet potato
- 1 tablespoon olive oil
- 1-2 teaspoons sweet and smoky BBQ seasoning blend
- 1 teaspoon liquid smoke

Instructions:

Heat oven to 375 degrees Fahrenheit. Prepare a rimmed baking sheet with a baking rack.

Cut sweet potato length wise into long thin strips.

In a bowl, toss the sweet potato slices, olive oil, BBQ seasoning and liquid smoke together until slices are evenly coated.

Place slices on the baking rack in an even layer. Cook in the oven for 20-25 minutes or until golden brown.

Kcal: 57

Protein: 1 g

* Nutritional information is per serving as calculated using Nutritionist Pro. All values are approximate based on availability of information at time of analysis.

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