

PaediaSure Shake

Balanced nutrition for the fussy eating phase



'YAMMY' SWEET POTATO WEDGES

SERVES: 4

Ingredients

- 3 tbsp sunflower or rapeseed oil
- 1/2 tsp paprika
- 4-5 sweet potatoes (yams) cut into wedges
- Salt to taste

Method

1. Preheat the oven to 200°C / gas mark 6 and line a baking tray with baking paper.
2. In a large bowl, mix the oil, paprika, and salt.
3. Add the sweet potato wedges, and toss to coat. Place the wedges on the tray.
4. Bake in the pre-heated oven for 40 minutes, until golden and crispy at the edges.

TIP:

Using baking paper or parchment stops food sticking to trays and makes washing up easier!