SWEET POTATO HASH BROWNS

4 servings

INGREDIENTS:

- 1 onion, chopped
- 2 cloves garlic, chopped
- 2 pounds sweet potatoes, peeled and grated
- 2 tablespoons coconut oil
- Egg wash (1 egg beaten with a tablespoon of water)
- Sea salt and black pepper to taste

DIRECTIONS:

1. In a large skillet over medium-high heat, add the onions. Season with salt and pepper.
2. Add in the garlic and sweet potatoes.
3. Sauté for 10–15 minutes until sweet potatoes are tender and onions are translucent.
4. Transfer the sweet potato mixture to a baking pan and brush with the egg wash.
5. Broil until potatoes have reached your desired crispiness.

Info per serving:

159 Kcal

Protein: 3g

Fat: 5g

Carbohydrate: 30g

Fiber: 4g