

Sweet Potato Fries with Cilantro & Hemp Seed Oil Aioli (Gluten-Free)

Ingredients

- 2 large sweet potatoes, peeled and cut into desired fry shape
- 2 tablespoons coconut oil
- 1 teaspoon ground coriander
- 1 teaspoon ground cinnamon
- ½ teaspoon sea salt
- ¼ cup plain, unsweetened almond milk
- 1 tablespoon hemp oil or olive oil
- ½ cup hemp seeds
- 1 garlic clove
- ¼ cup chopped fresh cilantro
- 1 tablespoon fresh lime juice
- 2 teaspoons white wine vinegar
- ¼ teaspoon sea salt or to taste
- optional garnish: cilantro leaves + maldon sea salt

Directions

1. Preheat oven to 425 degrees Fahrenheit.
2. Line two large baking sheets with parchment paper.
3. Add the cut sweet potatoes to a large bowl. Melt the coconut oil and pour over the sweet potatoes. Toss to coat. Sprinkle the coriander, cinnamon, and ½ teaspoon sea salt over top and toss to evenly coat.
4. Divide the sweet potatoes between the two baking pans and evenly disperse. Bake for 25-30 minutes, turning the fries over at the halfway point.
5. As the fries bake, make the cilantro-hemp aioli by adding almond milk, hemp or olive oil, garlic, cilantro, lime juice, white wine vinegar, and sea salt to a blender. Blend on high for 1-2 minutes or until smooth. Taste and add more sea salt if desired. Pour into a bowl.
6. When the fries are done baking, let them cool on the parchment paper to crisp up a bit. They will not become completely crispy but they are absolutely delicious nonetheless.
7. Transfer the fries to a large bowl or plate and serve alongside the cilantro-hemp aioli.