
THE CrossFit *kitchen* K I D S

Sweet Cheeks Headquarters



PULL-APART POTATOES

by Shirley Brown and Alyssa Dazet
[Sweet Cheeks Headquarters](#)

overview

What kid doesn't like to eat things with his or her hands? Heck, what adult doesn't like to either? Dive into these sweet potatoes with nothing more than your fingers and plenty of napkins!

serving

Serve a half to a whole sweet potato depending upon the age of your little one.

ingredients

5 smaller-sized sweet potatoes

5 tsp. olive oil

Salt and pepper to taste

notes

Serve pull-apart potatoes as a snack or a side to a main dish. You can also add spices: cinnamon and nutmeg for a sweeter effect or chili powder for a bite!

directions

1. Wash your sweet potatoes thoroughly.
2. Slice each potato into 10-20 thin slices, making sure not to cut through the very bottom of the potato. Make slices as uniform as possible.
3. Place potatoes on a non-stick baking sheet.
4. Pour 1 tsp. of olive oil over each potato and sprinkle with salt and pepper.
5. Bake in the oven at 350 F for 45 minutes to an hour. The exact time will vary depending on the size and amount of your potatoes. Bake until the potatoes are soft.
6. Let the potatoes cool before eating.
7. Enjoy!

