



ATHLETE

Ingredients

2 Medium Sweet Potatoes
1 tablespoon Olive Oil +
Kinder's s Chipotle Garlic Seasoning

Serving: 1 Sweet Potato (half of total slices)

Calories: 160 kcal

Carbohydrates: 23g

Protein: 2g

Fat: 7g

Air Fried Sweet Potato Wedges



2 servings



30 minutes



Maddie Workman

Instructions

1. Preheat Air Fryer to 360 degrees
2. Cut both sweet potatoes into slices/wedges
3. Place sliced sweet potatoes in the air fryer basket.
4. Drizzle with olive oil and shake seasoning over basket.
5. Cook in air fryer for 25 minutes

 @mealprepwithmaddie