

Roasted Island root vegetables

Ingredients

6 cups root vegetables, such as kumara, taro, and/or potato, cut into 1cm cubes; you can also add other vegetables such as carrot or pumpkin if you'd like!

4 tablespoons coconut oil, melted

1 ½ teaspoons salt

1. Toss vegetables with melted coconut oil and salt in a large baking tray.
2. Bake at 200 degrees Celsius for about 20-25 minutes or until cooked through and crispy.
3. Add more salt to taste, if needed. Enjoy!