

Cinnamon Roasted Sweet Potato Blueberry Salad

Serves: 1

Ingredients

1 medium sweet potato, diced
1 tsp cinnamon
¼ tsp salt
1 tbsp Lemon extra virgin olive oil

For the balsamic reduction

1 cup of Blueberry aged balsamic vinegar
Dash of cinnamon
¼ - ½ cup of blueberries (fresh or frozen)
Large handful of mixed leaves

Instructions

Preheat your oven to 400F.
Toss your diced sweet potatoes, cinnamon, salt and oil in a bowl.
Lay them fairly spaced out on a baking tray and roast for 25 - 30minutes.
Once the sweet potatoes are in the oven, place a small saucepan on high heat.
Add in your balsamic vinegar and cinnamon and bring to a boil.
Once it reaches a boil, turn the heat to low and simmer for 15 - 20 minutes*.
Once done, serve your salad and drizzle with your balsamic reduction

Recipe adapted from WhittyPaleo.com recipe