



Easiest Slow Cooker Sweet Potatoes

Makes 4 servings

Ingredients

4 medium (about 7 ounces each) sweet potatoes, skin on

Instructions

1. Wash and dry the sweet potatoes.
2. Place in the slow cooker, cover and cook on low for 8 hours or on high for 4, until they are tender.
3. When the potatoes are done, season with salt and pepper.

Nutrition Facts

Serving size: 1 potato; calories per serving: 208; total fat: 0.5g; saturated fat: 0g; cholesterol: 0mg; sodium: 26g; carbohydrates: 48g; fiber: 6g; sugar: 8g; protein: 3g

Source: www.skinnytaste.com

