

*Hasselback Sweet Potatoes - Melt in your mouth, sop of buttery sweetness; you can't tell it's actually healthy for you! Paleo, dairy-free and gluten-free.*

## Ingredients

- 4 Sweet potatoes
- 4 slices bacon (cooked and crumbled)
- ¼ cup raw pecans
- 2 Tbsp pure maple syrup
- 1 Tbsp coconut sugar
- 1 Tbsp grass-fed butter
- 1 tsp ground cinnamon
- Avocado oil cooking spray
- Pink Himalayan sea salt

## Directions

1. Preheat the oven to 450 degrees. Line a sheet pan with foil, then coat the foil with cooking spray or simply use a silicone non-stick baking liner.
2. Place a potato on a cutting board between two chopsticks or two wooden spoons. Using a sharp chef's knife, slice the potato into ¼ inch thick slices. (The chopsticks will prevent you from slicing all the way through the potato)
3. Repeat the process with the remaining potatoes. Plate the potatoes on the sheet pan. Spray potatoes with avocado oil spray and sprinkle sea salt.
4. Bake for 50-60 minutes until potatoes are tender, browned and tops are crispy.
5. While the potatoes are cooking, melt butter in a small skillet on medium heat. Chop the pecans and add to the melted butter.
6. Stir for about 2-5 minutes until you get a nutty aroma. Add coconut sugar and maple syrup and stir.
7. As soon as the mixture starts to bubble, immediately add cinnamon to the mixture and take off the burner. Mix thoroughly until the mixture is thick but liquidy. May need to add tbsps water if the mixture is too thick. \*Make sure the sugar doesn't burn! This process is very fast.
8. Remove the potatoes from the oven and top each potato with pecan sugar mixture. Sprinkle the bacon and fresh thyme leaves over the top and enjoy!

## Notes

- Ingredients that I used that are #paleoapproved
  - [Pederson's Organic No Sugar Added Uncured Smoked Bacon](#)
  - [Primal Kitchen Avocado Oil Spray](#)
  - [Kerrygold Grass-fed Butter](#)