

Roasted vegetables with sweet potatoes

1 large sweet potato
2 zucchinis
1 red pepper
1 onion
2 garlic cloves
1 sprig of fresh rosemary
2 tbsp coconut oil
salt and pepper to taste

- Pre-heat the oven to 180 degrees Celsius /350 Fahrenheit.
- Cut all the vegetables into large chunks (cut garlic cloves into 3-4 smaller pieces), toss in coconut oil and fresh rosemary and place on an oven tray.
- Put the tray with the vegetables in the oven and cook for 40min, turning them over once after 20min.
- Sprinkle with salt and pepper, toss and eat as much as you like.

You can add carrots, fennel and pumpkin if you wish.

This recipe makes two portions.