

Lime Orange Coconut Sweet Potato



- 2 Sweet Potatoes or Yams, baked
- 5 teaspoons Coconut Oil (heat until just melted if solid)
- 2 drops Young Living Lime Essential Oil
- 2 drops Young Living Orange Essential Oil
- Sea Salt & Freshly Ground Black Pepper to taste

Split open warm sweet potatoes with a knife.

Combine the coconut, lime and orange oils.

Season sweet potato with salt & pepper.

Drizzle oil mixture over sweet potato.

Make extra for tomorrows' lunch!