Sweet Potato Hashbrowns

2 servings
20 minutes

Ingredients

1 Sweet Potato (large, peeled and shredded)
3 tbsps Arrowroot Powder
1/4 tsp Sea Salt
2 tbsps Coconut Oil

Directions

1. Using your hands and a paper towel or kitchen towel, squeeze as much liquid out of the shredded sweet potato as possible.
2. In a mixing bowl, combine the sweet potato, arrowroot powder and salt.
3. Heat oil in a cast iron skillet over medium heat. Sprinkle the sweet potato evenly across the skillet to form a thin layer. Press down with a spatula and cook on each side for 4 to 5 minutes, or until brown and crispy.
4. Transfer to a towel-lined plate to absorb any excess oil. Let cool slightly and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days.
More Flavor, Add garlic and/or onion powder to the sweet potato mixture.
Additional Toppings, Top with avocado or spinach.