**Sweet Potato Tots**

**Dairy-free, Gluten-free, Paleo-friendly, Vegan or Vegetarian**

**Servings: 12**

**Active Time: 25 min.**

**Sweet Potato Tots Ingredients**

1½ pounds [sweet potatoes](https://www.triathlete.com/2016/01/nutrition/4-sweet-potato-recipes-for-endurance-athletes_127253) (about 2 medium-sized), peeled and cubed

¼ cup coconut flour

½ teaspoon cinnamon

¼ teaspoon salt

¾ cup finely chopped pecans

2 tablespoons coconut sugar or brown sugar

**Sweet Potato Tots Directions**

Steam or boil sweet potatoes until fork-tender. Place cooked sweet potato in a bowl and mash until smooth. Stir in coconut flour, cinnamon, and salt. In a separate small bowl, stir together pecans and sugar.

Preheat oven to 375°F and line a baking sheet with parchment paper or a silicone baking mat. Scoop out sweet potato mixture by the tablespoon and roll between hands into a cylindrical shape. Roll in pecan mixture and place on baking sheet. Chop more pecans if needed. You should have about 24 tots.

Bake for 40 minutes, flipping the sweet potato tots halfway, or until golden on the outside. They will firm up further upon cooling. Tots can be kept in the refrigerator for up to 5 days. If you want to enjoy them warm as a snack, simply microwave tots for about 30 seconds.

**Game Changers**

Season with allspice instead of cinnamon + use finely chopped walnuts instead of pecans + substitute date sugar for coconut or brown sugar