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Sweet Potatoes in Cinnamon & Raisins

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Ingredients

- 1.5kg sweet potatoes (Peeled and cut in 2 cm slices)
- 2 cups fresh orange juice
- 100g butter
- 100g sultanas
- 1 teaspoon cinnamon powder
- 8 cloves
- 2 tablespoons grated ginger
- ¼ cup Demerara sugar
- Salt & pepper

Execution

Combine all ingredients in an ovenproof dish. Mix well (ensuring that the sultanas are under the potatoes as they dry out and taste bitter if left on top). Cover the dish and bake in a preheated oven at 180 °C for approximately 40 minutes, or until soft. Uncover dish and bake for 5 minutes to brown.

*The peel can be kept on, as many of the nutrients are in the peel and I prefer the taste too! Just scrub really well and rinse before slicing.

*For a vegan option, substitute the butter with a vegetable-based product.