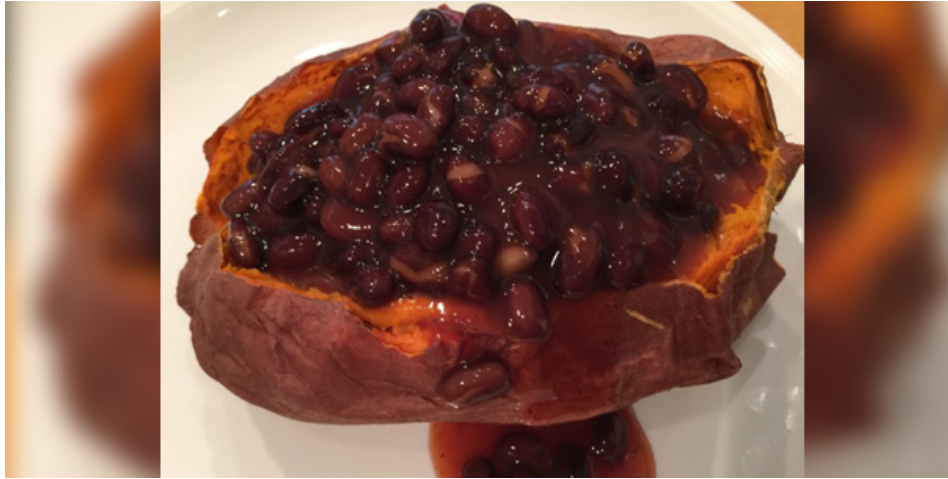


10 Minute Healthy Dinner



Ingredients:

2 sweet potatoes
1 can black beans, rinsed and drained
1 cup BBQ sauce of choice
Coconut oil

Directions: Smear or brush a little coconut oil on the potatoes. Add sprinkle of cinnamon (optional). Wrap in a paper towel and microwave for 5 minutes. Turn potatoes over and microwave another 5 minutes until done. Meanwhile, warm black beans and BBQ sauce in a saucepan or microwave and pour over cooked sweet potato. Serve with a quick salad for a very nutritious meal!