

Roasted Sweet Potato Soup

Ingredients:

- 2 large sweet potatoes, peeled and cubed
- 1 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tsp smoked paprika
- 1/2 tsp ground cinnamon
- 4 cups vegetable broth
- Salt and pepper to taste
- 1 tbsp maple syrup (optional)

Instructions:

Preheat oven to 400°F (200°C). Toss sweet potatoes with olive oil, spread on a baking sheet, and roast for 25 minutes.

In a pot, sauté onion and garlic until soft. Add roasted sweet potatoes, paprika, cinnamon, and broth.

Simmer for 10 minutes, then blend until smooth.

Stir in maple syrup (optional) and season to taste.

Health Benefits:

- Sweet potatoes: High in fiber and beta-carotene
- Paprika and cinnamon: Anti-inflammatory and warming
- Great for digestion and skin health