



# Sweet potato wedges and yoghurt dip

## What you'll need

- 2 medium sweet potatoes
- 1 tablespoon vegetable oil
- 100g natural full-fat yoghurt

## Allergies

- Vegetarian
- Egg-free
- Gluten free

Recipe makes  
4 portions

This recipe is  
for 1+ years



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## What to do

1. Heat the oven to 200°C / 400°F / Gas 6.
2. Scrub the sweet potatoes and cut each one into eight wedges lengthways.
3. Put the sweet potatoes and oil into a bowl and mix together until the potatoes are coated.
4. Place the potato wedges on a baking tray in a single layer and bake for about 30 minutes, turning once after 15 minutes.
5. Allow to cool and then serve with the yoghurt.

## For babies

Babies under 12 months don't need snacks between meals.

For over 5s use reduced or low fat plain yoghurt.