

# Roasted Japanese Yams (paleo + Whole30 + vegan)

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-with-japanese-yams>

## Ingredients:

- yams Japanese, as many as you'd like!
- coconut oil ghee, olive oil, avocado oil, or any other healthy cooking fat of your choice, melted