

INGREDIENTS

- 1 large Sweet Potato

DIRECTIONS

1. Preheat the oven to 400°F and line a baking sheet with parchment paper.
2. Slice the ends of the sweet potato off, then cut in lengthwise into ½ inch thick slices. Arrange the slices in a single layer on the baking sheet.
3. Bake until the slices are tender and easily pierced with a fork, about 20 minutes. Serve warm with your favorite toast toppings.
4. Store any leftover sweet potato slices in an airtight container in the fridge for up to week. To reheat, simply pop them in the toaster!

Topping Ideas:

- a. Peanut butter, banana, cinnamon
- b. Cream cheese and jam
- c. Maple syrup and almonds
- d. Ricotta and honey
- e. Nut butter and shredded coconut
- f. Fried egg, salt and pepper
- g. Tomato sauce and cheese
- h. Tuna or chicken salad
- i. Avocado



Sweet Potato Toast

Dairy-Free | Gluten Free | Vegetarian | Vegan

Yield:
3 Servings

Prep Time:
5 Min

Cook Time:
5 Min