



Sweet Potato Toast

Ingredients:

Makes about 3 servings

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!

What is it?

- Gluten-free, high-fiber, and packed with healthy micronutrients in replacement of a morning toast
- Originated in the U.S.A. as a health trend similar to avocado toast
- Can enjoy toast *and* nutrient-dense vegetable at the same time
- Budget friendly and versatile as you can top with any toppings you like

Benefits of Sweet Potatoes

- Very high in vitamin A
- Good source of fiber, vitamin C, manganese, copper, and B vitamins.
- Color pigments (anthocyanin) in sweet potatoes have anti-inflammatory benefits

Sweet Potato Toast Ideas:

Sweet:

- Peanut butter, banana, cinnamon
- Cream cheese and jam
- Drizzle of maple syrup or honey with silvered almonds
- Ricotta and honey
- Nut butter and shredded coconut

Savory:

- Fried egg, salt and pepper
- Tomato sauce and cheese (pizza!)
- Tuna or chicken salad
- Sliced or mashed avocado with tomato slices and/or a fried egg
- Hummus and sliced cucumbers
- Pesto and avocado

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