

sweet potato toast

MAKES 4-6 slices

COOK TIME: 10 minutes

1 large, round sweet potato

Toppings of choice (sweet and/or savory)

- ◇ nut butter and banana
- ◇ avocado and eggs
- ◇ cream cheese and blueberries
- ◇ tuna or chicken salad
- ◇ brie and a drizzle of honey

Choose your sweet potatoes wisely. To get good slices, pick large round ones that aren't too misshapen or curved.

If your slices are a bit too long and stick out of the toaster, simply rotate them between cooking cycles for even cooking.

If you cut your slices a little too thick or want to speed up the cooking process, pierce slices with a fork and microwave for 20-30 seconds.

To save time in the morning, slice the entire sweet potato (or a couple!) and store in a sealed container in the fridge to easily grab.



WASH and dry sweet potato.

SLICE into ¼ inch vertical slices using a sharp knife or mandoline.

TURN toaster on HIGH and add sweet potato slices.*

TOAST for 2-3 cycles, checking for doneness in between each cycle.

COOK until slices start to brown and have a soft center.

ADD toppings of choice and enjoy!

*You can also bake the sweet potato slices in a 400°F oven for about 20 minutes.