

Sweet Potato Toast

Makes 4-6 Slices

Ingredients

1 large, round sweet potato

Toppings of choice, sweet and/or savory

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

Directions

1. Wash and dry sweet potatoes.
2. Slice into ¼ inch vertical slices using a sharp knife or a mandoline.
3. Turn toaster on HIGH and add sweet potato slices.*
4. Toast for 2-3 cycles. Check for doneness in between each cycle.
5. Cook until slices start to brown and have a soft center.
6. Add toppings of choice and enjoy!

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

Notes

- Choose your sweet potatoes wisely. To get good slices, pick large round ones that aren't too misshapen or curved but that aren't so large they won't fit in your toaster.
- If your slices are a bit too long and stick out of the toaster, simply rotate them between cooking cycles for even cooking.
- 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 all week.
- If you cut your sweet potato slices a little too thick or want to speed up the cooking process, pierce slices with a fork and microwave for 20-30 seconds before toasting.

