



SWEET POTATO TOAST

INGREDIENTS

- Large sweet potatoes
- Avocado oil or coconut oil
- Sea salt or Himalayan salt

DIRECTIONS

- Cut off each end from the sweet potatoes
- Stand each sweet potato up vertically and slice into 1/4" slices.
- Place all slices into a medium bowl
- Pour avocado or coconut oil over slices
- Add salt and lightly toss the slices to cover.
- Arrange slices onto a baking sheet
- Bake for approximately 20 min at 350°F

➤ For a crispier sweet potato, place the slices in your air fryer for approximately 10-15 min at 350°F

TOP IT

- Nut butter + bananas for a sweet snack
- Avocados or guacamole + an over easy egg for breakfast
- Grass fed cheese, pizza sauce + spiced turkey burger for a take on pizza
- Pesto, spring mix + sun dried tomatoes...the skies the limit here!

TIP

- Left overs heat up wonderfully- just pop the slices in the toaster or back into the air fryer!