

Sweet Potato Toast



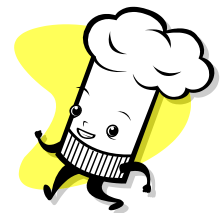
We love this recipe, and it's so easy to make. We enjoy it for breakfast. You can top your sweet potato toast with anything you like. We like ours with guacamole and kalamata olives or salsa or just plain ketchup. Get creative and put whatever you'd like on this delicious, simple option.

Ingredients:

1 Large Sweet Potato
Various Topping Options

Directions:

- Preheat oven to 400 degrees F.
- Cut sweet potato slices to about ½" thick and arrange them on baking sheet lined with unbleached parchment paper to prevent sticking.
- Bake until slices are tender about 35 minutes.
- Serve warm with your favorite toppings.
- Store any leftover sweet potato slices in an airtight container in the refrigerator for up to a week. Reheat for an easy breakfast by simply popping them into the toaster or toaster oven.
- Enjoy!



Sourced: Adopted from Detoxinista.com for Simply Made Health, LLC