

SWEET POTATO TOAST



SERVES 2

INGREDIENTS

- 1 large sweet potato, round in shape

Optional toppings

- Peanut butter and banana slices
- Sliced avocado, salt, pepper, and fresh lemon juice
- Almond butter, blueberries and cinnamon
- Hummus and sliced cucumber
- Guacamole and sliced tomatoes

SERVES 4

INGREDIENTS

- 2 large sweet potato, round in shape

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Sweet potato toast is a nutritious, warming, and gluten-free breakfast option. In this recipe, you will par-bake sweet potato slices so in the morning all you need to do is toast them and top them with your favorite ingredients.

INSTRUCTIONS

1. Preheat the oven to 350° F and line a baking sheet with parchment paper to help prevent sticking.
2. Slice the sweet potato lengthwise into even slices, about ¼ to ½ inch-thick. Alternatively, use a mandolin for the most uniform slices. Arrange sweet potato slices on the baking sheet.
3. Bake until tender but not fully cooked, approximately 15-25 minutes depending on size.
4. Allow to completely cool and store in an air-tight container.
5. When ready to eat, heat in a toaster or toaster oven on high heat for one cycle or until cooked through.
6. Top sweet potato toast with desired toppings and enjoy!



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