



# SWEET POTATO AVOCADO TOAST

## INGREDIENTS

- 1 large sweet potato
- 1 large avocado
- Desired seasonings (garlic powder, salt, or pepper,)
- fresh or dried basil to taste

**PREP TIME: 5 MIN**

**COOK TIME: 20 MIN**

**TOTAL TIME: 25 MIN**

You can add a variety of other toppings as well!

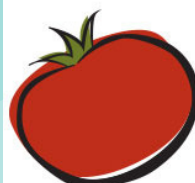
- Peanut butter and chocolate chips
- Hard-boiled egg and shredded cheese
- Goat cheese and cherry tomatoes
- Cream cheese and berries

## DIRECTIONS

1. Slice sweet potato lengthwise into  $\frac{1}{4}$ -inch (6 mm) thick slices
2. Place slices in toaster on high for about 5 minutes, or until cooked through. (You may need to toast them several times depending on the strength your toaster settings)
3. While the sweet potato is toasting, slice the avocado and mince the basil (if fresh)
4. Top your sweet potato toast with the avocado, basil, and seasonings.
5. Serve immediately and enjoy!

*You can also top with a variety of other toppings as well*

*Alternatively, you can make them in the oven as well by putting them on a cooking sheet and baking them at 400 degrees for 20 min or until cooked but not mushy*



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