

Avocado Sweet Potato Toast

Servings: 6

Recipe courtesy of [Prescribe Nutrition](#)

Ingredients

2 sweet potatoes sliced lengthwise about 1/2 inch thick

1 avocado ripe, pitted

1/2 lime juiced

1 Tbsp extra virgin olive oil

Sea salt to taste

Black pepper to taste

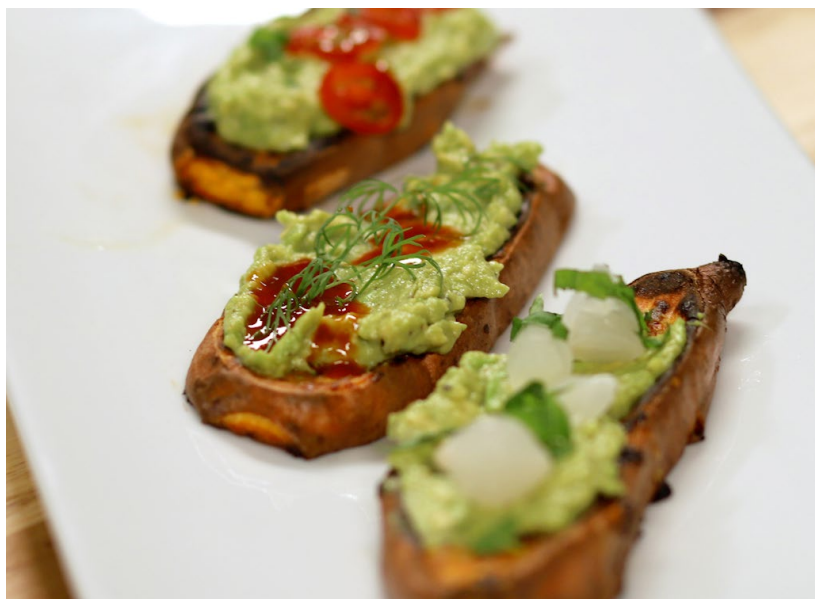
Suggested Toppings:

Tomatoes

Pickled onions

Fresh herbs

Hot sauce



What you'll need



measuring spoons



sheet pan



small bowl

Instructions

1. Preheat oven to 450°F. Line a baking sheet with parchment paper.
2. Brush both sides of each sweet potato slice with olive oil (1 Tbsp). Place the slices on the baking sheet and bake for 25-30 minutes.
3. Remove from the oven and allow to cool 5-10 minutes.
4. Scoop the avocado meat into a small bowl and squeeze the lime juice over it. Mash with a fork until somewhat creamy. Add salt and pepper to taste. Spread the avocado mash on the sweet potato with a fork. Add toppings of choice!

Nutrition Facts

Servings 6

Amount Per Serving

Calories 143

% Daily Value

Total Fat 8.9g 11%

Saturated Fat 1.7g 9%

Cholesterol 0mg 0%

Sodium 33mg 1%

Total Carbohydrate 15.9g 6%

Dietary Fiber 4.2g 15%

Sugars 0.5g

Protein 1.4g

Vitamin D 0mcg 0%

Calcium 12mg 1%

Iron 0mg 3%

Potassium 472mg 10%



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