



Avocado Sweet Potato Toast

Servings: 6

Recipe courtesy of
Prescribe Nutrition

What you'll need



measuring
spoons



sheet pan



small bowl

Ingredients

2 sweet potatoes sliced lengthwise
about ½ inch thick

1 avocado ripe, pitted

½ 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

Directions

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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