

Sweet Potato Toast

For those of you who follow food combining principles, you can enjoy a properly combined sweet potato toast topped with white bean dip, sliced avocado, or any of your favorite raw or roasted veggies.

Prep Time: 5 minutes
Cook Time: 25 minutes
Servings: 3
Storage: 5 days in airtight container in refrigerator
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Ingredients

1 large sweet potato

Instructions

Preheat the oven to 400°F and line a baking sheet with parchment paper to help prevent sticking.

Slice the ends of the sweet potato off, then cut it lengthwise into 1/2-inch thick slices. Arrange the slices in a single layer on the baking sheet. (No oil needed!)

Bake until the slices are tender and easily pierced with a fork, about 20 minutes. Serve warm with your favorite toast toppings.

Store any leftover sweet potato slices in an airtight container in the fridge for up to a week. To reheat for an easy breakfast, simply pop them in the toaster! (I use a 3 out of 5 setting on my toaster.) Top and enjoy again!

Here are some other topping ideas:

- Roasted tomato slices with green onions and olives
- Hummus and sliced cucumbers
- Mashed avocado with lime juice and salt (or prepared guacamole)
- Tomato sauce and cheese (hello, pizza)
- Ricotta and honey
- Peanut butter or almond butter with sliced bananas
- Tahini and cinnamon
- Lemon ricotta cheese, figs, and walnuts
- Sunbutter, banana, vegan choc drizzle and coconut
- Avocado, cucumber and pepitas
- Cashew cheese, fig and walnuts

Spinach & Egg

- ¼ cup cooked baby spinach
- 1 large cooked egg
- ½ tsp sliced chives
- ½ tsp hot sauce

Apple & Smoked Gouda

- 2 TBSP shredded smoked Gouda
- 4 apple slices
- 1 tsp toasted coconut
- ½ tsp maple syrup
- ½ tsp flaky sea salt

Chocolate & Banana

- 1 TBSP chocolate-hazelnut spread
- 1 banana, sliced
- 1 tsp crispy brown rice cereal

Raspberry and Cream Cheese

- 1½ TBSP cream cheese (vegan cream cheese can be substituted)
- 1½ tsp mashed raspberries
- 2 tsp toasted chopped hazelnuts
- ½ tsp honey