

## Sweet Potato Toasts

We're always on the look out for new and fun ways to make healthy food swaps. Sometimes when you find your favourite or go-to foods are the ones that are contributing to your feeling less than your best, it can feel like you're missing out. It can be challenging to find replacement foods that hit the mark. Toast is often one of those go-to foods that doesn't always agree with people. Although it's quick to prepare and doesn't take much thinking space, it can have severe side effects. Look no further than these Sweet Potato Toasts. With only one extra step (slicing), these incredible toast swaps are filling and satisfying and work with sweet and savoury toppings. Sweet potatoes are teaming with nutrients, their carbohydrates are more complex and contain fibre so that energy levels are kept stable for longer. Rich in vitamins A and C, the cooler months are the perfect time to make the switch to boost immune function and prevent seasonal colds and flu.



### Allergens:

Lactose Free | Gluten free | Vegetarian | Nut Free | Vegan | Egg Free | Dairy Free | Wheat Free | Soy Free | Seafood Free

### Recipe:

Family friendly | Leftovers | Breakfast | Snack

Preparations time: 5mins

Serves: 4

### Ingredients

1 medium sweet potato

Toppings of choice:

*Nut or seed butter, banana & cinnamon; hummus & tomato; avocado and chilli;*

### Instructions

1. Slice sweet potato to 5mm thickness (longways for normal toast serves, across the middle for lunchbox snack size).
2. Put the sweet potato slices into a toaster and toast for approximately 5 mins. Remove the sweet potato and test the centre to make sure the sweet potato is cooked to your liking. Return for a further minute if needed.
3. Top with your favourite toppings.
4. Put the remaining unused sliced of raw sweet potato in a container in the fridge for a quick and easy breakfast for the whole week.



### **Variations & Substitutions**

For quick roast sweet potato snacks, drizzle the sweet potato slices with a little olive oil and place in a sandwich press until golden and cooked through. Sweet potato slices need to be sliced thinly to cook without burning with this method.