

RECIPE

Sweet Potato Toast



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Grace Functional Nutrition

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Ingredients

- 2 large sweet potatoes
- Avocado oil
- Fine grain salt
- *For sweet option:* nut butter, hemp seeds, and cinnamon
- *For savory option:* ½ smashed avocado and a fried or poached egg

Preparation

1. Preheat oven to 400° F.
2. Slice sweet potatoes lengthwise into ½ inch thick pieces, and lay on a parchment paper lined baking pan.
3. Cover potatoes in avocado oil and salt, and massage with hands to ensure they are all fully covered.
4. Bake in oven for 15 minutes, then flip and bake for another 15 minutes.
5. Let cool, then top with either sweet or savory toppings of choice.