

## SWEET POTATO TOAST



1 sweet potato  
1/2 Tbsp oil  
Salt & pepper  
Optional toppings:

Nut or seed butter with banana  
Avocado  
Vegan ricotta cheese and jam

Preheat oven to 400 degrees.

Slice the sweet potato lengthwise into 1/4-inch thick slices. You should get about 4-5 slices depending on the size of your potato.

Place them on a baking sheet and brush them with the oil. Season with salt & pepper. Bake 15-20 minutes until fork tender, but not mushy.

Build toasts with desired toppings and enjoy!