

**SWEET POTATO TOAST**

op slices of sweet potato straight into your toaster! Super easy, quick, vegan, snack.

 5 minutes 15 minutes 1 portion**INGREDIENTS**

- 1 unit, 5" long of sweet potato, raw, unprepared (130 g)

COOKING METHOD

- 1°** Be very careful slicing your sweet potato, don't cut yourself! Once you have your slices, pop them in the toaster. Every toaster will vary. Mine took four cycles at the longest setting before they were cooked. You can tell they are ready when the sweet potato is tender with a few browned spots.
- 2°** Spread your "toast" with any toast like toppings you like. You could even make a sandwich! I played around and my favourite combo was a smear of butter or vegan butter, a drizzle of maple syrup, and a sprinkle of powdered ginger. It tasted like a total celebration in your mouth! You can also try avocado, fetta, ect.
- 3°** Spread your "toast" with any toast like toppings you like. You could even make a sandwich! I played around and my favourite combo was a smear of butter or vegan butter, a drizzle of maple syrup, and a sprinkle of powdered ginger. It tasted like a total celebration in your mouth! You can also try avocado, fetta, ect.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (130 g)	% DRI
ENERGY	86 kcal	112 kcal	6 %
FAT	0 g	0 g	0 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	0 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	55 mg	72 mg	3 %
CARBOHYDRATE	20 g	26 g	9 %
SUGARS	4 g	5 g	—
FIBER	3 g	4 g	16 %
PROTEIN	2 g	2 g	—