

## Healthy “anytime” toast

Here’s a unique (and tasty) way to eat more veggies: sweet potato toast.

The potato slice serves as the “toast,” upon which you pile on whatever sweet or savory toppings you like. It’s both delicious—and nutritious. (Sweet potatoes are loaded with healthful nutrients, particularly vitamin A and vitamin C.)

## How to Make It

### Ingredients

- 1 large sweet potato, cut into ¼” lengthwise slices (will yield about 4-6 slices)
- 2 tsp olive oil

### Directions

- Preheat the oven to 400°F, and line a baking tray with parchment paper.
- Place potato slices in a bowl and toss with olive oil.
- Arrange slices on a baking tray, being careful not to crowd them.
- Place in the oven and bake for 15 minutes. Remove from the oven, flip the slices, and bake for 10 more minutes.
- Once the “toasts” are baked, top them as you choose.

Some topping ideas:

- Ricotta & smoked salmon (Tip: Add thinly sliced onions and a sprinkling of capers for some textural and flavor contrast.)
- Smashed avocado & poached egg (Tip: Chili flakes and fresh microgreens turn this into a real mouth party.)
- Nut butter & berries (Tip: Basically bear bait. Make at your own risk, preferably indoors.)

Doesn’t that just look delicious (and nutritious)?



Leftover cooked sweet potato slices can be stored in the fridge for up to 4 days.

To reheat, sweet potato slices can actually be toasted in a toaster, as you would bread.

### **GET EVEN HEALTHIER!**

Want to learn how to make positive choices in your own life? Want support in creating your healthiest, happiest life ever? Let's talk! Schedule a complimentary health coaching consultation with me today—or pass this offer on to someone you care about!

### **ABOUT ME**

I received my training from the Institute for Integrative Nutrition and Precision Nutrition where I learned about more than one hundred dietary theories and studied a variety of practical lifestyle coaching methods. Drawing on this knowledge, I will help you create a completely personalized “roadmap to health” that suits your unique body, lifestyle, preferences, and goals.

Learn more about Compass Health and Wellness and my unique approach to health coaching by reaching out to me at:

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