



Sweet Potato Toast with Avocado & Sauerkraut

2 servings

15 minutes

Ingredients

- 2 Sweet Potato (small, ends trimmed, sliced lengthwise)
- 1 Avocado (peeled and mashed)
- 1/3 cup Sauerkraut
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	278
Fat	15g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	36g
Fiber	11g
Sugar	7g
Protein	4g

Directions

- 1 Pop the sweet potato slices into the toaster and toast two to three times. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 to 6 minutes per side, or until golden brown.
- 2 Top the sweet potato toasts with mashed avocado and sauerkraut. Season with sea salt. Enjoy!

Notes

Add Greens, Add a layer of baby spinach before you spread on the avocado.

Guacamole Lover, Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

No Sweet Potato, Use bread, crackers, crispbread, pita or tortillas instead.

Storage, Best enjoyed immediately but can be refrigerated in an airtight container up to 3 days.