



Sweet Potato & Avocado Toast - Allon-Z!

2 servings

15 minutes

Ingredients

- 1 Sweet Potato (large)
- 4 Egg
- 1 Avocado
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	360
Fat	24g
Carbs	22g
Fiber	9g
Sugar	4g
Protein	16g
Cholesterol	372mg
Sodium	185mg
Vitamin A	9908IU
Vitamin C	12mg
Calcium	88mg
Iron	3mg
Vitamin B12	0.9µg
Magnesium	57mg

Directions

- 1 Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
- 2 Pop the sweet potato slices into the toaster and toast 2 to 5 times, depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
- 3 While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
- 4 Poach, fry or hardboil the eggs.
- 5 Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

Notes

Add Greens: Add a layer of baby spinach after you spread on the avocado.

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

Egg-Free: Skip the eggs and top with hemp seeds instead.

Potato Scraps: You will most likely end up with little pieces of potato that you can't toast. Store in the fridge or dice into cubes and store in the freezer for making roasted sweet potatoes or soup down the road.