



Avocado Sweet Potato Toast with Egg

1 serving

15 minutes

Ingredients

- 1/4 Sweet Potato (large)
- 2 Egg
- 1/2 Avocado
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	332
Fat	24g
Carbs	16g
Fiber	8g
Sugar	2g
Protein	15g
Sodium	167mg
Potassium	735mg
Calcium	78mg
Iron	3mg
Phosphorous	266mg

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 twice. You may need to toast a third time 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.