

LOADED SWEET POTATO TOASTS

TIP: To get the most nutrients from your sweet potato toasts, add a little fat, such as peanut butter or almond butter. This will help your body better absorb all the beta-carotene found in sweet potatoes.

FUN FACT: In addition to beta-carotene and vitamin C, sweet potatoes are a good source of vitamin B-6, which helps keep your brain and nervous system healthy.

ALL YOU NEED:

- 1 small sweet potato, scrubbed
- desired toppings



ALL YOU DO:

1. Cut sweet potato lengthwise into 1/4-in. slices with a sharp knife or mandoline slicer. (ask an adult for help)
2. Toast sweet potato slices in a traditional toaster on high setting until light brown.
3. Top with desired toppings.

NUTRITION FACTS PER SERVING: SERVES 4

Calories: 390 Total Fat: 26 g Saturated fat: 10 g Trans Fat: 10 g Cholesterol: 165 mg Sodium: 180 mg Protein: 40 g Vitamin A: 9% Calcium: 2% Iron: 7%

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SUGGESTED TOPPINGS:

BANANA-GRANOLA: almond butter + banana slices + granola

ZESTY AVOCADO: salsa + avocado slices + pepper + cilantro

BACON AND CHEESE: turkey bacon slice + reduced-fat shredded cheese

MIXED BERRY: almond butter + blueberries + strawberry slices + pistachios

APPLELICIOUS: almond butter + apple slices + cinnamon

PIZZA STYLE: tomato slices + extra thin provolone cheese slices + salt and pepper