

MOT more of this  
LOT less of that

## Sweet Potato Toast

The perfect nutrient dense vehicle for all of your nutrient dense toppings!

**Serves:** 4

**Total time:** <1 hour

### Ingredients

- 2 large sweet potatoes
- Extra virgin olive oil, for brushing
- Suggestions for toppings:
  - Pictured: Greek yogurt (plain), almond butter (no sugar added), blueberries
  - Sliced avocado
  - Egg and sliced tomato
  - Sliced bananas and peanut butter (all natural, no sugar added)
  - Ricotta and honey
  - Optional sweeteners: **pure maple syrup or raw honey**

### Directions

1. Preheat oven to 350 degrees F.
2. Cover baking sheet with parchment.
3. Wash and slice potatoes about 1/4-1/2" thick; brush with olive oil.
4. Add to baking pan and bake for 20-25 minutes till desired doneness.
5. Remove from oven when soft; let cool a bit.
6. Top with your favorite toppings (or go wild and eat as is!).

**MOTLOT Tip:** You can make these ahead, refrigerate, and pop in the toaster in the morning before adding topping. They travel pretty well if you are on the go.

**Mary-Beth says:** *"Have some delicious fun with these "toasts" by customizing these amazing treats with your favorite toppings!"*