

Sweet Potato Toast with Avocado & Sauerkraut

4 ingredients · 15 minutes · 2 servings



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.

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	277	Vitamin C	17mg
Fat	15g	Calcium	58mg
Saturated	2g	Iron	2mg
Carbs	36g	Vitamin D	0IU
Fiber	11g	Vitamin B6	0.6mg
Sugar	7g	Folate	101µg
Protein	4g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	65mg
Sodium	530mg	Zinc	1mg
Potassium	966mg	Selenium	1µg
Vitamin A	18594IU		