

SWEET POTATO TOAST

RECIPE & IMAGE FROM THEDISHONHEALTHY.COM



INGREDIENTS

- 1 large sweet potato
- 1 tbsp of your choice extra virgin olive oil, coconut oil, OR avocado oil
- sea salt and black pepper to taste
- 1/4 tsp of crushed dry oregano or rosemary (optional)
- 2 hard or soft boiled eggs
- 1 large avocado
- a squeeze of fresh lemon juice
- 1/2 tbsp sesame seeds
- pinch of chili powder (optional)

DIRECTIONS

Preheat your oven to 375 F and line a baking sheet with parchment paper.

Over a cutting board, slice your sweet potato in half (vertically) and then slice each half lengthwise once or twice more depending on how thick the potato is.

Add your oil while on the cutting board and make sure you brush it on both sides.

Bake them for about 30-35 mins, but always check them at the 20 minute mark. Flip at 20 minute check.

In a bowl, mash the avocado with the fork and season with lemon, sea salt and black pepper.

While the potatoes bake, boil some water and throw in your eggs. It takes me about 5 minutes for a soft-boiled egg and 7 plus minutes if you want a hard-boiled one.

If you want your potato slices extra crispy: finish them off in your toaster in a low setting. Layer them off with guac, and then some egg slices. Finish it off by sprinkling sesame seeds for a little crunch and chili powder for soft, subtle heat and flavor. Enjoy!