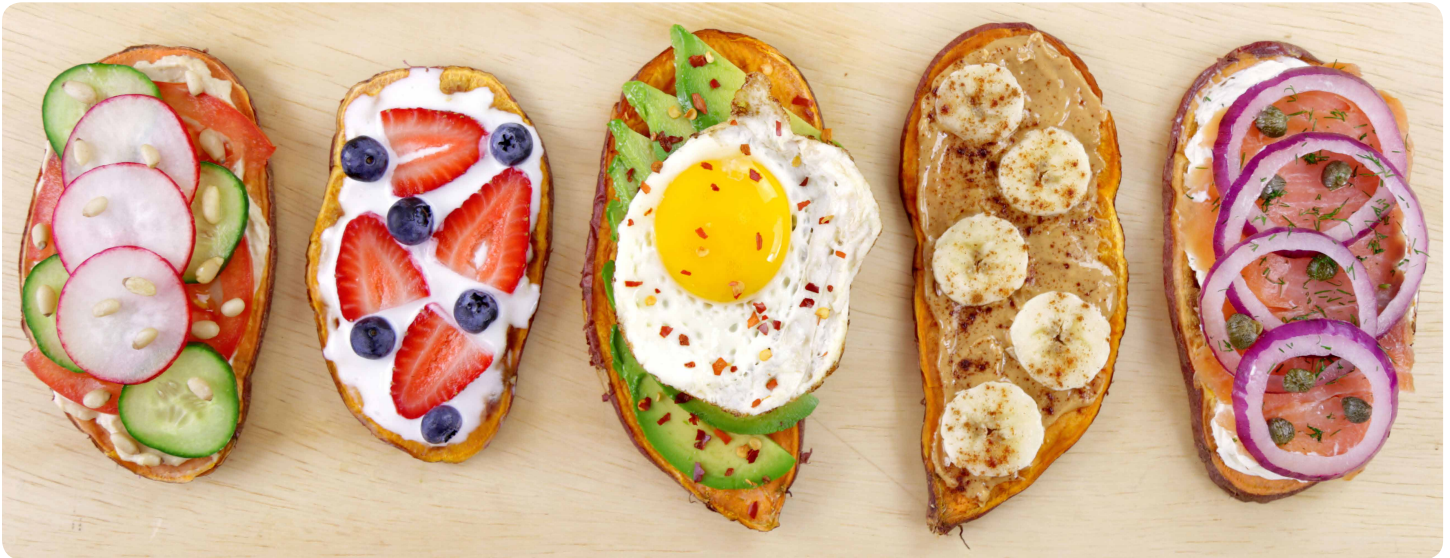




SWEET POTATO TOASTS

gluten and wheat free toast enjoyment!

If you're someone who LOVES to enjoy toast, but tries to stay away from bread, gluten or wheat– here's an option for you! Get all of the deliciousness of toast variations while also gaining additional nutrition from the sweet potato! Slice your sweet potato into ¼-½" "toast" slices, toast it in the toaster (on high 2-3x) and apply your toppings! Get creative with your favorite flavor combos!



BANANA PEANUT BUTTER

peanut butter
banana
cinnamon

BERRIES & COCONUT CREAM

coconut cream
strawberries
blueberries

OMEGA 3

avocado slices
egg in your favorite preparation
red pepper flakes

GARLIC HUMMUS

garlic (rub on toast)
hummus
tomato slices
cucumber slices
radish slices
pine nuts
lime juice (squeeze)

LOX & CREAM CHEESE

cream cheese
smoked salmon/lox
fresh dill
red onion
capers
lemon juice

Check out my Facebook page to see
how I turn this into Sweet Potato
FRENCH TOAST, too!
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