



TOASTED SWEET POTATO PB&J

TOTAL PREP & COOK TIME: 30 MIN

SERVINGS: 2

INGREDIENTS

- 1 sweet potato, cylinder shape, small to medium size
- 4 tbsp of peanut butter with only peanuts & salt as ingredients
- 16 fresh blackberries

DIRECTIONS

1. Preheat oven to 400°F and line baking sheet with parchment paper
2. Scrub (do not peel) and rinse sweet potato
3. Slice one side of sweet potato to create flat surface, then lay sweet potato on that side
4. Slice sweet potato lengthwise into $\frac{1}{4}$ inch thick slices. (If too hard to slice, poke holes in sweet potato with a fork and microwave it for 1 minute before slicing)
5. Place sweet potato slices on parchment paper and bake for 15-25 minutes, or until fork-tender, flipping slices after 10 minutes, or put slices in toaster on highest/longest setting.
6. Top with peanut-only peanut butter and blackberries, and bake an additional 5 minutes with toppings.
7. Refrigerate remaining slices in an airtight container until ready to toast.

MODIFICATIONS:

- Substitute blackberries with any fresh or frozen berries. Allow frozen berries to thaw in the refrigerator overnight.
- Blend fresh or frozen berries to create a homemade berry “spread”.
- Substitute different peanut butter or nut butter.
- Consider other topping options for sweet potato toast, like guacamole and sliced grape tomatoes, or hummus and sliced cucumbers.