Sweet Potato Toasts

Serves 1

Anything goes with this delicious alternative to bread

Avocado and Bacon
Mix mashed avocado with some Greek yoghurt, a little lemon juice and crispy, unsmoked bacon.

Berry Blast
Grab a handful of your favourite berries, raspberries, strawberries or blueberries. Slice them and sprinkle on top of the toast with Greek yoghurt and seeds.

Nut Butter

Poached Egg and Smoked salmon

Spicy hummus and roasted red pepper

If you haven't noticed, bread has been looking a lot more orange on Instagram these days. It's the latest trend: sweet potato "toast." Now I know what you're thinking.....what is she wanting us to try now?

Well, I think you're gonna love this one... move over Rye bread and oatcakes you can now put your favourite toppings (e.g., avocado, bananas, eggs, nut butters, etc.) over toasted sweet potato! You can accomplish this by popping sweet potato slices in the toaster. Try your own versions and let me know what you've been making.

Preparation:

Once you have bought a healthy looking sweet potato, slice into discs roughly 1cm thick and in a shape that you can fit into your toaster. Don't fancy using a toaster well fear not. There are 2 methods for toasting your slices:

1. In the oven - Bake at 200C for approximately 20 minutes or until the edges are browning and the middle is soft

2. In the Toaster - you may have to toast them twice on a medium to high setting. Toast until soft and browning.

Then top with whatever you fancy, whether that's something sweet, like yoghurt and fruit, or savoury, like classic avocado. The possibilities are endless.

But remember that your body requires protein, carbohydrates and healthy fats and sweet potato contains high levels of carbohydrates so keep your toppings rich in protein and healthy fats. See above for my favourite toppings.