



Sweet Potato & Avocado Toast Bites

Prep Time: 25 minutes
Cook Time: 25 minutes
Yield: 60 bites

INGREDIENTS

**10 large sweet potatoes, sliced into
½-inch rounds**

Olive oil spray

Black pepper, to taste

6 ripe avocados

Juice of 3 limes

1½ tsp garlic powder

DIRECTIONS

1. Roast sweet potato rounds at 400°F for 25 minutes until tender.
2. Mash avocado with lime juice, garlic powder, and black pepper.
3. Top each sweet potato round with avocado mixture.
4. Finish with optional heart-healthy toppings (See Pepita Crunch Recipe)



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Recipe adapted from:
Chef Floyd