



SWEET POTATO TOAST



INGREDIENTS

ITEM	QUANTITY
• Sweet Potato, Cut Lengthwise Into 2 Thin Slices	75 G
• Large Egg	1
• Avocado, Thinly Sliced	30 G
• Lactose-free Cottage Cheese	1 Tbsp.
• Sliced Green Onion Tops	1 Tbsp.
• Fresh Lemon Juice	1 Tsp.
• Salt and Black Pepper, to taste	
• Optional: Pinch of Red Pepper Flakes	

SERVING SIZE 1



PREPARATION

- ✔ Preheat the oven to 425°F.
- ✔ Cut the sweet potato lengthwise into two slices approximately ¼-inch thick.
- ✔ Weigh the sweet potato and keep the total portion at approximately 75 g.
- ✔ Place the slices on a parchment-lined baking sheet and roast for 15 minutes.
- ✔ Carefully flip the sweet potato slices and roast for another 8-10 minutes, until tender and lightly browned.
- ✔ While the sweet potato cooks, prepare the egg to your preference.
- ✔ Spread the lactose-free cottage cheese over the sweet potato slices.

✔ Top with the egg and measured avocado.

✔ Drizzle with lemon juice and finish with green onion tops, salt, pepper, and red pepper flakes if desired.