

Sweet Potato Toasties

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1 large organic sweet potato, sliced lengthwise
- Optional: 1/2 tsp ground cinnamon
- Optional: Pinch sea salt and pepper
- 1/2 tsp extra virgin olive oil

Instructions:

1. Slice sweet potato lengthwise about 4 millimetres thick. Depending on the size of the potato, you may get 6 toasties.
2. Preheat oven to 350F degrees. Grease or place parchment paper on a baking sheet. Place sweet potato toasties on a baking sheet.
3. Depending on which toastie recipe you may below, you can decide whether you'll season with cinnamon or sea salt and pepper. Give a little drizzle of extra virgin olive oil.
4. Bake for 30-35 minutes until they are fork tender. You may wish to cook them longer to get them crusty or you could simply pop them in your toaster just before you dress them up. They will cook faster if they are cut thinner so check them at 25 minutes to make sure they don't burn.