

# Sweet Potato Toast with Apple Butter and Coconut

## Instructions

1. Prepare the sweet potatoes by rinsing them and cutting them lengthwise into thin, 1/4" thick slices. It may be easiest to start by cutting off the ends of the potatoes to make the bottoms flat, and then they will stay still as you cut them lengthwise.
2. Place the sweet potato strips in the toaster. Toast the strips for about 15 minutes, or until there are brown spots on each side. This should indicate that the inside of the sweet potato is soft and cooked completely, but the outside should be slightly crispy and maintain its structure. If your toaster can't toast for 15 minutes at one time, you can toast in 5-minute increments, but you may need to reduce the heat on the toaster to cook the strips more evenly.
3. Spread the apple butter on the "toast." Sprinkle coconut flakes and pumpkin seeds on top.

## Ingredients

- 2 small sweet potatoes
- 1 tbsp apple butter
- 1 tbsp + 1 tsp coconut flakes (unsweetened)
- 3 tbsp pumpkin seeds

## Grocery List (add optional toppings to list as desired)

### Produce

- Sweet potatoes
- Pumpkin seeds

### Canned Goods/Grocery

- Apple butter
- Coconut flakes (unsweetened)