

Toasted Sweet Potato As A Swap Bread or Buns

Ingredients

1 large sweet potato as large in circumference as the burgers or filling you are cooking. scrubbed and peeled if desired(skin is loaded with nutrients).Sliced in 1/4" rounds

Olive oil

Salt & Pepper

Instructions

1. Scrub and thickly slice the sweet potato.
2. Brush lightly with olive oil, sprinkle with salt & pepper.
3. Toast 3-4 cycles in toaster or toaster oven or grill/broil 2-3 minutes a side.

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