

Sweet Potato Veggie Toasts with Avo and Tahini Mash

Toast. Just the thought of a warm slice lathered in your favorite topping is enough to get anyone out of bed in the morning.

However, if you're on a gluten-free diet or are avoiding bread for any reason, you may have thought toast was off the menu for good.

Think again. Toasts are making a comeback, in sweet potato form.

These sweet potato toasts are super easy to whip up and are loaded with veggies and healthy fats from antioxidant-rich avocado and hemp seeds. In addition, they contain a drizzle of our avocado oil, which is a rich source of lutein to promote eye health, as well as heart-healthy monounsaturated fats that help increase your absorption of nutrients (a bonus with all those veggies you're getting on these toasts!).

And the best part? You can serve these up in under 30 minutes.

Prep time: 10 minutes

Total time: 25 minutes

Serves: Makes 4 toasts

Equipment needed:

Baking sheet

Food processor

Ingredients:

- ½ large sweet potato
- 2 tbsp Ava Jane Avocado Oil, divided
- ¾ cup tahini paste, stirred well with its natural oils
- ½ cup veggie stock
- ⅓ cup freshly squeezed lemon juice
- ½ cup sliced radish
- 1 avocado, sliced
- Several slices small leaf lettuce, depending on how much you want
- 1 tbsp hemp seeds
- ¼ cup sliced red onion
- 3 cloves fresh garlic
- ½ tsp ground cumin
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper
- ¼ cup freshly chopped cilantro

Instructions:

- Preheat oven to 350°F. Slice sweet potato into ¼" to ½" slices lengthwise into slices resembling "toast."

- Rub with 1 tbsp Ava Jane Avocado oil and place evenly on parchment-lined baking sheet. Bake for 15-20 minutes, or until tender but not overly so.
- While the potatoes are cooking, add tahini, veggie stock, lemon juice, garlic, cumin, sea salt, and black pepper to a food processor and pulse until a dip-like consistency is formed.
- Remove the sweet potato toasts and let cool for 5 minutes.
- Spread a layer of tahini mash on each one, followed by cilantro, lettuce, avocado, radish, sliced onion, and finally, a drizzle of 1 tbsp avocado oil and a dash of hemp seeds.
- Serve!