



## PB&J Sweet Potato Toast



Entire recipe: 182 calories, 4g total fat (0.5g sat fat), 84mg sodium, 30.5g carbs, 5g fiber, 12.5g sugars, 7g protein

**Green Plan [SmartPoints](#)® value 5\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 5\***

**Prep:** 5 minutes    **Cook:** 10 minutes



Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

### Ingredients

Two 1/4-inch-thick sweet potato slices (cut lengthwise from the center of a 10-oz. sweet potato)  
1 1/2 tbsp. [powdered peanut butter](#)  
1 tsp. creamy peanut butter (no sugar added)  
1 tsp. honey  
2 tbsp. chopped freeze-dried strawberries

### Directions

Wrap sweet potato slices in a paper towel, and place on a microwave-safe plate. Microwave for 1 minute.

Place slices in a toaster. Toast until cooked through and slightly crispy, 2 - 3 times.

Meanwhile, in a small bowl, combine all remaining ingredients *except* freeze-dried strawberries. Add 2 1/2 tsp. water, and stir until smooth and uniform.

Spread peanut butter mixture over toast. Top with freeze-dried strawberries.

MAKES 1 SERVING

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.