



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

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

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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

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