



Sweet Potato Crostini

8 servings

35 minutes

Ingredients

- 2 Sweet Potato (medium, sliced into even rounds)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 1/2 cup Goat Cheese (crumbled)
- 1/2 cup Walnuts (toasted and chopped)
- 1/4 cup Pomegranate Seeds
- 1 1/2 tsps Thyme (fresh, removed from the stem)
- 1 tbsp Raw Honey

Nutrition

Amount per serving	
Calories	113
Fat	7g
Carbs	11g
Fiber	2g
Sugar	4g
Protein	3g
Sodium	87mg
Vitamin A	4618IU
Vitamin C	2mg
Calcium	23mg
Iron	0mg
Vitamin D	0IU
Magnesium	20mg

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Add the sweet potato slices to a bowl and drizzle the extra virgin olive oil and sea salt over top. Mix well. Place them in a single layer on the sheet and bake for 15 minutes. Flip and roast for 5 to 10 minutes more.
- 3 Remove the sweet potato slices from the oven and top with goat cheese, walnuts, pomegranate, thyme and drizzle with honey. Serve immediately. Enjoy!

Notes

Serving Size: There are approximately two sweet potato crostini per serving.

Dairy-Free: Use a cashew cheese instead of goat cheese.

Nut-Free: Use toasted pumpkin seeds instead of walnuts.

No Pomegranate Seeds: Use dried cranberries instead.

No Thyme: Use rosemary, or another herb of your choice instead.

Prep Ahead: Bake the sweet potatoes ahead of time and then reheat before topping and serving them.