

*Jess Connolly, October 2018*

## MAKE-YOUR-OWN SWEET POTATOES

\*GLUTEN-FREE | VEGETARIAN OPTION

### *For the sweet potatoes*

1 sweet potato per person

### *Savory Topping Options*

Crumbled goat cheese

Shredded Cheddar cheese

Diced turkey breast

Sauteed chicken sausage

Sauteed kale

Sliced avocado

Salsa

Sour cream

### *Sweet Topping Options*

Sliced banana

Diced apple

Blueberries

Peanut butter or almond butter

Shredded coconut

Chia seeds

Chopped nuts

### INSTRUCTIONS

1. Preheat oven to 375 degrees F.
2. Clean sweet potatoes, make small holes in potatoes with a fork, and place on a lined baking sheet.
3. Bake potatoes for 40 minutes, or until tender.
4. Gather your toppings of choice and place in individual bowls with serving utensils.
5. Give each person a sweet potato and let them pick out their toppings of choice.