

# Sweet Potato Toasts with Blueberries and Tahini Sauce

Servings: 4

Prep Time: 10 min

Cook Time: 20 min

## INGREDIENTS

- 1 large sweet potato, cut lengthwise into 1/4-inch slices
- 1 tablespoon canola oil
- 1/2 teaspoon salt
- 2 tablespoons tahini paste
- 1 tablespoon maple syrup
- 1 tablespoon water
- 1 cup fresh blueberries
- 4 teaspoons toasted sesame seeds

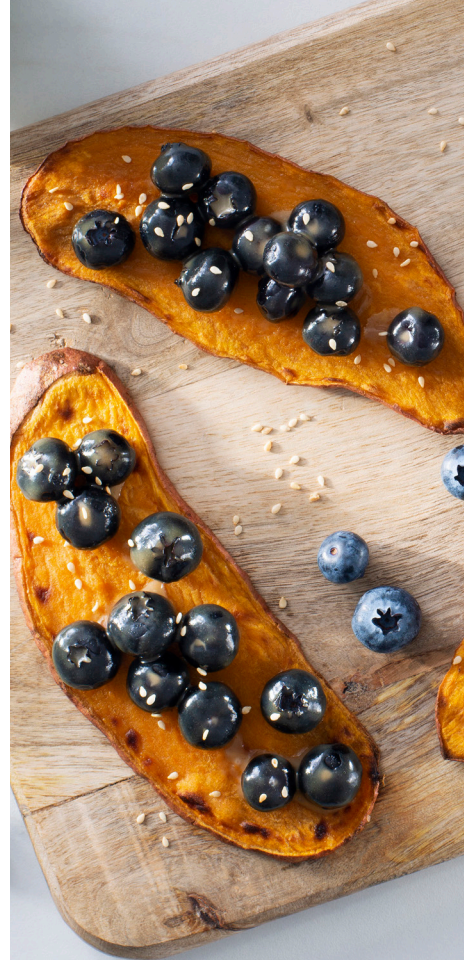
## INSTRUCTIONS

- 1 Preheat oven to 425°F. Toss sweet potatoes in oil and salt. Arrange in a single layer on a baking sheet lined with parchment paper. Bake for 18 to 20 minutes, or until golden and crispy.
- 2 Whisk together tahini paste, maple syrup, and 1 tablespoon of water until smooth.
- 3 Toss blueberries with tahini sauce; spoon onto sweet potato toasts.
- 4 Sprinkle with sesame seeds.

**Recipe Note:** This recipe is gluten-free.



[GrabABoostOfBlue.com](https://www.GrabABoostOfBlue.com)



### About the Recipe

Satisfy your snack-attack with Sweet Potato Toasts with Tahini and Blueberries. Gluten-free and dairy-free, this recipe combines crispy, baked sweet potato "toast" points with juicy blueberries and a savory-sweet tahini maple sauce. Top with chopped, toasted sesame seeds for a little crunch and nutty flavor.



**FOOD** *as*  
**MEDICINE**