

Sweet Potato Bacon Avocado Bites (Paleo)



Karrie Billets, Functional Nutrition Health Coach

Recipe adapted from Well Plated

Ingredients

- 2 medium sweet potatoes, scrubbed and sliced into ¼-inch thick pieces
- 4 slices turkey or nitrate free pork bacon cooked and cut into little pieces
- ½ teaspoon cumin
- ½ teaspoon smoked paprika
- salt, to taste
- 1 ½ teaspoons avocado oil
- 1 large soft avocado, pitted
- ¼ cup fresh lime juice
- ½ teaspoon sea salt
- Franks red hot sauce or another similar hot sauce
- 3 green onions, thinly sliced (I like to use the green tops)

Instructions

1. Preheat oven to 400 degrees Fahrenheit.
2. Add the sliced sweet potatoes, cumin, smoked paprika, paprika, avocado oil, and sea salt to a bowl. Toss to coat.
3. Line a baking sheet with parchment paper and spread the sweet potato slices out into a single layer. Bake for 15 minutes or until tender.
4. Scoop the flesh of the avocado into a medium bowl. Add the lime juice and ½ teaspoon sea salt and mash together with the back of a fork.
5. Spread the sweet potato slices out on a serving platter or tray. Top with pieces bacon and dollop of smashed avocado, slices of green onion or sprinkling of sprouts. Add salt and pepper.
6. Feel free to add more spices to the avocado like chili powder, garlic, etc.
7. Serve and enjoy!