

Food Babe's Sweet Potato Skins



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	35 mins	45 mins	8

<https://foodbabe.com/sweet-potato-skins>

Ingredients:

- 8 small sweet potatoes
- 1 tablespoon coconut oil
- 3 avocados, peeled and pitted
- 1 large fresh tomato, diced
- ½ cup red onion, diced
- ½ jalapeño pepper, diced
- 1 lime, juiced
- ¼ cup fresh cilantro, chopped
- 1 cup cooked black beans
- 1 cup cheddar cheese, shredded
- 1 pinch sea salt
- 1 pinch fresh ground pepper, to taste

Instructions:

1. Preheat the oven to 400° F.
2. Rub each sweet potato with coconut oil and place in the oven for 25-30 minutes or until fork tender.
3. While the sweet potatoes are cooking, in a bowl, make the guacamole. Start by mashing the avocado and then add the tomato, onion, jalapeño, lime juice, and cilantro. Season with salt and pepper to taste. Set aside.
4. When the sweet potatoes are done, take them out of the oven. Cut each one in half and scoop out half of the filling. Set the filling aside.
5. Sprinkle some of the black beans and cheese on each sweet potato half and place back in the oven to melt the cheese, 3-4 minutes.
6. When melted, take out of the oven and top with a scoop of guacamole. Enjoy!

Notes:

- Use leftover sweet potato filling as a side dish or freeze for later.
- Please use all organic ingredients if possible