



## ROASTED SWEET POTATO WITH TURMERIC GUACAMOLE

*Jazz up your guacamole with whatever you like! The most important part is the turmeric and freshly ground black pepper - the rest is your personal preference.*

- 1 sweet potato
  - 1 avocado
  - 1/2 teaspoon non-irradiated turmeric\*
  - salt and freshly ground black pepper to taste
  - 1 teaspoon fresh lemon juice
  - kelp seasoning (optional)
- 40 minutes, serves 1

Preheat the oven to 400 degrees. With a knife, pierce a few slits in the sweet potato. Place the sweet potato on a sheet pan or in a baking dish and cook for 40 minutes. The sweet potato will be done when it is easily pierced with a fork.

While the sweet potato is cooking, mash up the avocado. Add the freshly squeezed lemon juice, turmeric, salt, freshly ground pepper and kelp seasoning if using.

Top the warm sweet potato with the guacamole and enjoy!

\*- While a 1/2 teaspoon of turmeric will change the color of your guacamole, you won't be able to taste it. However, when combined with the oil from the avocado and freshly ground black pepper, the turmeric will become much easier for the body to absorb.

*It's like sprouted ingredients - you've opened the nutrient door!*