

healthy **habits**

EATING WELL ON A BUDGET

Sweet Potato, Apple & Cheddar Crostini

Approximate cost of the recipe: \$3.05. Yields 15-20 bites

Ingredients:

2 tbsp extra virgin olive oil
2 tbsp honey
1 8oz block of cheddar
3 apples
2-3 sweet potatoes

Directions:

1. Wash and peel the sweet potatoes. Preheat oven to 400°F.
2. Slice the sweet potatoes into ½ inch slices and coat with olive oil. Bake for about 25-30 minutes.
3. Wash and slice the apples into ¼ inch slices.
4. Slice the cheese into thin slices (or to desired thickness).
5. To assemble: while the sweet potatoes are still warm, top with cheese, apples then drizzle with honey. Top with freshly cut sage or thyme. Enjoy!

