

# Paleo Sweet Potato Bruschetta

How to get more Omega-3s into your diet? My hubby hates sardines and canned anchovies. So, for him, I top these easy breakfast bruschetta with smoked Alaskan salmon. For me and my daughter, I use sardines or anchovies with bones.

Why with bones? The bones are an excellent source of calcium for growing bones and teeth, especially as dairy may not be the best source of calcium for adults or children (unless it is species-specific milk ☐)



**Ingredients:**

- 3 – 4 Sweet potatoes or Yams, cut into 1/2 inch slices.
- 1 tablespoon avocado oil
- 3 avocados
- 1/4 purple onion
- salt to taste
- 1 lemon, juiced
- your favorite fish (canned sardines, anchovies, mackerel, smoked Alaskan salmon)

#### Directions:

1. Preheat the oven to 380F and place lightly oiled with avocado oil sweet potato slices to bake.
2. Bake for 20-30 minutes.
3. Meanwhile, get the guacamole ready: mash the avocado and combine it with lemon juice, salt, and finely chopped.
4. Take the sweet potato toast out of the oven, cool a bit, top with the guacamole and fish, and use it as a main dish or an appetizer.
5. You can save the extra potato slices and reheat them in your toaster or toaster oven when needed.