



## Sweet potato pizza bites

Sharing recipes with friends is a great way to try new things. This is how this tasty snack was discovered and is now a frequent go to snack. Eating sweet potatoes with their skins makes them rich in fibre and a source of carbohydrate with a low glycaemic index (GI), this can help to keep blood glucose levels steady.



### Ingredients

- 1 medium sweet potato
- 2 tsp tomato puree
- 15g (½ matchbox size) cheese, grated
- 1 kcal vegetable oil spray
- Salt and pepper

### Method

1. Pre heat oven to 200 °C/Fan 180 °C/392 °F/ Gas mark 6
2. Wash potato and leave skin on
3. Slice into 1cm circles, place on baking tray, spray with oil and lightly season
4. Bake potato in oven for 10 mins, turn slices and bake for another 5-10 minutes
5. Remove from oven, spread with tomato puree and evenly sprinkle the cheese on top.
6. Bake for a further 5 minutes until cheese is melted
7. This recipe provides two 65g portions

### Nutrition per portion - 65g

Energy 99kcal	Fat 2.8g	Saturates 1.7g	Sugars 7.9g	Salt 0.2g	Protein 2.8g	Carbs 14.4g	Fibre 1.9g
5%	4%	8%	9%	3%	6%	6%	-

### % of an adult's reference intake