

Sweet Potato Rounds with Power Guacamole from Jeanne Courtney

Superbowl Sunday is a touchdown for avocado sales. Guacamole is one of the most eaten snacks during the game. Make yours extra beneficial and maximize the brain health benefits that avocados offer by adding additional omega 3's with hemp and pistachio. Everybody wins.

Sweet Potato Rounds with Power Guacamole

2 large wide sweet potatoes, peeled
2 large avocados
1/4 cup pistachios, roughly chopped
1/4 cup hemp seeds
1 clove garlic, finely minced
Olive oil
Sea salt
Cracked black pepper
Pomegranate seeds for garnish

1. Slice sweet potato into 1/4 inch rounds.
2. Brush rounds lightly with olive oil, sprinkle with salt and pepper.
3. Lay separately on parchment lined baking sheet.
4. Roast at 350 about 15 minutes, just until soft but not browned.
5. Mash avocado with garlic, add hemp and pistachio.
6. Top each cooked round with a dollop of guacamole and 3-4 pomegranate seeds.