

# Healthy Breakfast

**Prep time: 25 mins**

**Cook time: 40 mins**

**Serves: 2**

## Ingredients

- 2 large sweet potatoes
- 1 tbs olive oil or coconut oil
- 75g mushrooms
- 1 large tin baked beans
- 15-20 cherry tomatoes
- 1 tsp cumin and smoked paprika
- 2 large red onions

## Preparation

Peel and cut sweet potatoes into 4 inch strips, place into a baking tray lined in foil.

Drizzle over 2/3 of the oil, spices and garlic powder and try to cook as a single layer to crisp in the oven on 200 degrees, turning every 10 minutes.

Once sweet potatoes have been in the oven for 10 minutes, on a separate tray put on the mushrooms, tomatoes and sliced onions and drizzle over the remaining oil, turning after 15 minutes.

Heat the beans in a saucepan till warmed through.

