



Ingredients 6 Portions

🖊 = Kotányi Produkte

400 g Sweet potato

150 g Greek yogurt (alternative:

natural soy yogurt)

1 tbsp Olive oil

1 tbsp Tahini paste

Garlic clove

Juice and zest of ½ lemon

0.5 tsp

1 tsp

Sweet Potato Spread





Preparation

- Preheat the oven to 185°C (365°F). Wash the sweet potato, prick it with a toothpick, and wrap in aluminium foil. Place on a baking tray and bake for about 40 minutes, or until completely soft.
- Remove the baked sweet potato from the foil, let it cool slightly, then peel it. Place the sweet potato, Greek yogurt, olive oil, tahini, lemon zest and juice, garlic, salt, and curry spice into a blender. Blend until smooth and creamy.
- Serve chilled with toasted bread, crackers, or fresh vegetables.

