

Sweet Potato Spread

50–55 Min

Preparation

1. 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.
2. 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.
3. Serve chilled with toasted bread, crackers, or fresh vegetables.

Ingredients 6 Portions

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400 g	Sweet potato
150 g	Greek yogurt (alternative: natural soy yogurt)
1 tbsp	Olive oil
1 tbsp	Tahini paste
1	Garlic clove
	Juice and zest of ½ lemon
0.5 tsp	Himalayan Salt
1 tsp	Curry Powder