

Sweet Yam Salad

Yield:

Ingredients:

3 cups yams, peeled and shredded
1 sweet apple, chopped
1 cup peaches, diced (or pineapple)
½ cup raw pecans, chopped (or walnuts)

¼ cup raisins (I use golden ones)

Sauce:

½ cup soaked almonds (or dehydrated ones)
1-2 Tbls agave
2 Tbls fresh lemon juice
1 Tbls lemon zest

½ cup raw almonds, rough chopped - added in last

Directions:

In a food processor fitted with the shredding blade, shred the yams, switch to the “S” blade and add the apples. Pulse to blend. Then add peaches and pecans and pulse a little more. Don’t mix too much or the mixture will turn to mush. Set this mixture aside in a large mixing bowl and add the raisins.

In a high speed blender combine remaining ingredients and blend until smooth. Pour over mixture in the bowl.

Add the additional chopped almonds and mix well. Serve chilled

Note: It’s nice to use seasonal fruit - i.e. persimmons in fall/winter