

Raw Sweet Potato Salad

3 raw sweet potatoes**, medium, peeled and shredded (raw carrots or raw golden beets can be used instead)
2 apples, peeled, cored and diced
1/2 cup chopped toasted pecans or trail mix
1/4 cup sour cream
1/4 cup mayonnaise
1 tsp fresh lemon zest
1 tbsp fresh lemon juice
2 tbsp honey
1/2 tsp sea salt
1/8 tsp fresh black pepper

1. In a medium bowl, combine sweet potatoes, apples and nuts or trail mix.
2. In a small bowl, whisk together sour cream, mayo, lemon zest, juice, honey, salt and pepper.
3. Pour dressing over sweet potato mixture and toss well to coat evenly. Chill before serving.

* Sweet potatoes, a member of the morning glory family, can be grown locally. They tend to be soft and sweet.

** Instead of sweet potato's you can substitute carrots or golden beets. The flavors are similar, although the texture of these is crunchier.



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