**Sweet potato fruit salad with curry**

**Ingredients for 4 servings:**



700 g sweet potatoes from North Carolina

200 g yoghurt (5 %)

1 tbsp honey

Grated peel and juice of 1 organic lime

1 tablespoon grated ginger

1-1/2 teaspoon curry powder

1 green apple

1 large apricot

1 ripe banana

85 g dried cherries

60 g walnut kernels

40 g fresh mint leaves

Salt

1. Dice unpeeled sweet potatoes and cook in boiling salted water for approx. 10 minutes. Drain them.
2. Mix yoghurt, honey, lemon zest and juice, ginger and curry in a bowl. Season to taste with salt.
3. Cut the fruit and mint into small pieces. Add fruit, walnuts, sweet potatoes and half of the mint to the dressing and mix. Sprinkle the salad with the remaining mint leaves and refrigerate until cold.

**Preparation time:** 40 minutes

**Nutrition facts:**

Energy410 kcal/ 1720 kJ

Protein8 g

Fat13 g

Carbohydrates: 68 g