

ORANGE-FLESHED SWEETPOTATO LASSI



Photo: V. Atakos (CIP-SSA)

Ingredients

- Natural yoghurt 600ml
- 2 small orange flesh sweet potatoes
- Cumin powder $\frac{1}{2}$ teaspoon
- Mint leaves small bunch
- Honey 70 ml

Method

- Wash the OFSP, prick with a fork and microwave for 10 min or bake in oven
- Cool and peel
- Dice and blend with yoghurt and the rest of the ingredients to a smooth consistency

Presentation

- Pour into a large tumbler with a sprig of mint atop and an inserted straw
- Yield 2 portions