



## SNACKS

# Yam & Seed Spread

This exotic spread has savory and sweet notes that's great on crackers or with veggies.

YIELD: 4 Servings or 2 cups

### INGREDIENTS

3 medium yams (2 pounds)

1/4 cup each — ground sunflower, sesame, poppy, and flax seeds

1/4 cup yogurt

1/2 teaspoon cinnamon

1/2 teaspoon coriander

1/2 teaspoon ground fresh ginger

1/2 teaspoon sea salt

### DIRECTIONS

1. Preheat oven to 450°F.
2. Bake the yams until very soft, for 45–60 minutes. When done, remove from oven, cool for about 10 minutes.
3. Peel and mash the yams in a medium bowl.
4. Separately grind the seeds into a fine meal, using a coffee grinder. Add the ground seed mix to the mashed yams.
5. Fold in yogurt, cinnamon, coriander, ginger, and salt, then stir well to combine. Enjoy as a dip or spread or sandwich filling.



### NUTRITION GEM

## Health Benefits of Yams, Sunflower Seeds & Yogurt

**Yams** — Yams support blood sugar regulation, heart health, hormone balance and brain function, thanks to their fiber, vitamins, and minerals like potassium and manganese.

**Sunflower Seeds** — Sunflower seeds are a good source of protein, fiber, vitamin E, selenium, healthy fats, magnesium, copper, and zinc. They enhance digestion, energy, and weight management.

**Yogurt** — Yogurt is a great source of protein, minerals, and probiotics support digestion, immune function, weight management, bone and heart health.

### COOKING PEARL

## Super Spreads

To enhance a basic spread or dip, add:

- seeded tomatoes
- garnish with a dollop of yogurt
- fresh chopped dill
- sprinkle nutritional yeast
- pinch of cayenne