Sweet Potato and Cashew Dip



Prep time	40 minutes
Cook time	30 minutes
Total time	1 hours, 10 minutes
Allergy / Intolerance	Amines, Artificial Addititives, Artificial Colours, Glutamates, Preservatives, Salicylates
Suitable for	RPAH Elimination Diet - Moderate Chemical, Salicylate Challenge
Meal type	Savoury Snack
Misc	Child Friendly, Pre-preparable, Serve Cold
Occasion	Casual Party, Picnic

Ingredients

- 400g Sweet potato (peeled and chopped)
- Canola oil spray
- 1/4 cup Home made bread crumbs (refer to Basic Page)
- 1 tablespoon Sunflower oil
- 1/2 cup Raw cashews
- 3 cloves Garlic (chopped)
- Water
- Salt

Directions

1. Preheat the oven to 180°C.
2. Spray the sweet potato with canola oil spray and place into a baking tray in a single layer. Place in the oven and roast for about 30 minutes, turning half way through. Allow to cool.
3. Place the sweet potato, garlic, bread crumbs, cashews and sunflower oil in a food processor and blend until smooth. Add water to get your preferred consistency, and salt to taste.
4. Store in an airtight container in the fridge until ready to serve.

Note

Moderate Salicylate, Low Amines, Low Glutamates

Refer to Basics page for bread crumb recipe.