

### **Potato Salad with Avocado Kefir Dressing**

1 1/2 cups yellow or Yukon Gold Potatoes, cut into cubes but not peeled

1 cup sweet potatoes, peeled and cut into cubes

1 celery stalk, cut into slices

1 green onion, chopped

1 tbsp fresh dill, chopped

Dressing:

1 ripe avocado

1/4-1/2 cup kefir (see note below)

1 tbsp raw honey

2 medium garlic, cloves, peeled and chopped

Sea salt and pepper to taste

Place the potatoes and sweet potatoes in a colander. Fill a pot with 1-2 inches hot water and rest the colander in the pot. Cover with a lid and steam until the potatoes are soft (about 10-14 minutes). Let cool. Meanwhile, to make the dressing, peel the avocado and remove the pit. Place in a bowl and add half the kefir. Mash the avocado and kefir together with a potato masher. Add the garlic, honey and continue mashing. Add more kefir to thin the mixture. Use a whisk to make the mixture smooth. If the mixture is still too thick, you can add more kefir or add water, if you have the flavour where you want it, and do not wish to add more kefir. Season to taste with sea salt and pepper. The dressing can also be made by putting all the ingredients into a food processor and process. To make the salad, place the potatoes into a bowl and add the celery, green onion and dill. Add some of the dressing and mix. If more dressing is needed, add more dressing. Season again with sea salt and pepper, if needed. Cover and let chill in the refrigerator for at least two hours. Excess dressing can be stored in the refrigerator for 2-3 days.

Note: I make my own kefir as I have kefir grains. This allows me to make it with whole milk which is the most nutritious as it provides vitamins A and D as well as essential fatty acids. If you do not have the ability to make kefir, then buy it. Look for kefir made from Russian kefir grains. If you cannot find this, then use the best organic kefir or yogurt you can find. For a non-dairy option, use coconut kefir or coconut yogurt.