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Fermented Potatoes

(Adapted from [Nourishing Traditions](#))



Ingredients

4 cups cooked, peeled, organic, Yukon Gold *or* sweet potatoes

2 cups plain yogurt or kefir

1 Tbsp. sea salt

Instructions

Bake or boil potatoes and then mash them in a large glass bowl. Do not microwave. With a handheld mixer or food processor, blend well with yogurt and sea salt. Cover with a clean, cotton cloth and secure with a rubber band. Leave the covered bowl on the counter for 2 days and then refrigerate. Fermented potatoes will last about a month in the refrigerator.

Serve with steak as an enzyme rich side dish or with any meal where potatoes work well. Fermented potatoes may be slightly warmed on the stove before serving, but take care not to warm them too much or enzymes and probiotics will be lost.

Bon Appetit!

Iva