



Makes 2 cups
Preparation Time: 10 minutes
Cook Time: 10 minutes

INGREDIENTS:

1 small sweet potato (4 oz.),
peeled and cut into large pieces

¼ cup fresh or frozen raspberries

¼ cup frozen cranberries

1 tablespoon balsamic vinegar

1 tablespoon pure maple syrup

Sea salt, to taste

Freshly ground black pepper, to
taste

1 teaspoon poppy seeds

Sweet Potato Poppy Seed Dressing

Berries and balsamic vinegar bring a touch of tartness to this naturally sweet dressing that pairs well with citrusy salads. Blended **sweet potato** creates a velvety texture that's ideal for drizzling over a pile of greens, while a dash of poppy seeds delivers a subtle nutty flavor and delicate crunch. If you've never thought of yourself as a salad lover, you certainly will now—just whip up a jar of this healthy dressing and watch how fast it disappears!

For more vegan salad dressings, check out these tasty ideas:

- [Low-Fat Tahini Dressing](#)
- [Creamy Corn Dressing with Dill and Chives](#)
- [Date-Sweetened Mustard Dressing](#)
- [Vegan Creamy Italian Dressing](#)
- Or our roundup of some of our favorite [fresh, flavorful salad dressing recipes](#)

By Darshana Thacker Wendel

- 1** In a small saucepan combine sweet potato and enough water to cover. Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes or until tender. Drain; rinse with cold water. Drain again.
- 2** In a blender combine sweet potato, raspberries, cranberries, vinegar, syrup, and 1 cup water. Cover and blend until smooth. Season with salt and pepper. Add water, 1 tablespoon at a time, and blend to reach desired consistency. Taste and adjust seasoning. Stir in poppy seeds.
- 3** Transfer dressing to a glass jar. Cover and chill up to 5 days.