

## Winter Burst Salad (aka Sally's Salad)

Stephanie Hurley

### Why the Recipe is Special

Offers a special burst of color, texture, and flavor for the darker days. And it is both easy to make and satisfying!

### Ingredients

You can *vary all proportions* of ingredients to your preferences (I add more pine nuts)

2 small bananas (not overripe but not green either)

Seeds from 1 pomegranate

1/2 cup toasted pine nuts

2 cups plain whole yogurt (Butterworks Farm)

VT maple syrup to taste

### Directions

Toast the pinenuts in a cast iron skillet (no oil needed) on medium until just brown and offering a lovely nutty scent.

Remove pith from pomengranate to use only the seeds (there are various ways to do this but in a bowl in the sink is less messy).

Mix both with desired amount of yogurt and maple depending on your taste preferences. (In California my friend Sally who invented this recipe uses vanilla yogurt, but this adaptation is my preference.)

Cut banana into 1/4" slices or half circles toward the end of the process and mix in evenly (banana will brown if cut too early).

Serve as a side dish or dessert. Or breakfast.