

# Yam Pie Filling

(8-10 servings)

- 3 lb Yams peeled and ½ inch or sliced thin
- 1 ½ cups granulated sugar
- 3 tablespoons Ghee (clarified butter), or 4 tablespoons unsalted butter
- 5 teaspoons fresh lemon juice
- 1 ½ teaspoon **Seven Happy Seeds** Cardamom powder
- ¼ cup water

1. Warm ghee in a medium cooking pan. Add yams and water, and cook covered for 7-8 minutes on medium low heat until yams are tender but not mushy.
2. Add sugar, lemon juice, and one and ground cardamom, and fold all ingredients in gently.
3. Cook on low heat to reduce liquid completely with occasional stirring
4. Use as pie filling or enjoy by the spoon
5. Serve with heavy whipped cream (optional).