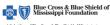
SWEET POTATO HUMMUS







Serving Size: 2 tablespoons Prep time: 15 minutes

Ingredients

- 2 cans chickpeas, drained and rinsed, 1/4 cup liquid reserved
- 1 medium sweet potato
- juice from one lemon
- 1/3 cup of water
- 1 teaspoon paprika
- 1/2-1 teaspoon cayenne pepper
- 1/2-1 teaspoon garlic powder (or 1 bulb roasted garlic)

Nutrition information per serving:

Calories 83, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 102 mg, Carbohydrates 14 g, Dietary Fiber 4 g, Protein 4 g

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Preparation

- 1. Place the chickpeas in a food processor along with 1/4 cup reserved liquid and puree for about a minute.
- 2. Prick the sweet potato all over with a fork and microwave on high for 5 minutes. Slice the sweet potato in half, and scoop the insides into the food processor. Pulse several times.
- 3. Add the spices, lemon juice, and the garlic powder or roasted garlic and turn the food processor on. Slowly add the water until the mixture reaches your desired consistency.