

SWEET POTATO HUMMUS



Blue Cross & Blue Shield of
Mississippi Foundation

A Subsidiary of Blue Cross & Blue Shield of Mississippi.



Serving Size: 2 tablespoons

Prep time: 15 minutes

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

I n g r e d i e n t s

- 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)

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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.