

Sweet Potato Hummus

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 2 cups of chopped sweet potatoes, skin on
- 1 garlic clove
- 2 tbsp lemon juice
- 1 cup cooked chickpeas
- 2 tbsp extra-virgin olive oil
- 2 heaping spoonfuls tahini paste
- 1/2 tsp sea salt

Instructions:

1. Preheat oven to 350 degrees F.
2. Spread sweet potato on parchment covered baking sheet and drizzle with olive oil. Bake sweet potato for 25 minutes.
3. Remove sweet potato from oven and let cool. Once cooled, add sweet potatoes to a blender or food processor and blend with remaining ingredients until smooth and creamy.