

Another Healthy Recipe from



Sweet Potato Hummus

INGREDIENTS

2-3 medium sweet potatoes, peeled and cubed
2-3T olive oil
sea salt
1/3 cup tahini
2 cloves garlic
juice of 1 lemon
3 tablespoons olive oil
sea salt
freshly ground pepper
cayenne and cumin (optional)



DIRECTIONS

Preheat your oven to 425 degrees. Toss the cubed sweet potato with olive oil and a generous dash of sea salt. Roast for about 30 minutes, or until tender. Once it's tender, transfer it to a food processor or blender and add the tahini, lemon juice, olive oil and garlic. Process until it's creamy, adding a little more oil if necessary. Season with salt, freshly ground pepper and a little bit of cumin or cayenne to taste.