



SWEET POTATO HUMMUS

Makes 8 servings

Ingredients:

- 1 large sweet potato
- ½ teaspoon turmeric
- ¼ teaspoon ground cumin
- ¼ teaspoon smoked paprika
- 2 cloves of garlic
- 1 lemon, juiced
- 1 can of white beans, drained and rinsed
- 1 Tablespoon of tahini
- salt and pepper, to taste
- 4 Tablespoons olive oil

Directions:

- Poke some holes in the sweet potato with a fork and heat in the microwave for 3 minutes. Flip the potato and cook for an additional 3 minutes (microwaves may vary).
- Let cool. Then add the sweet potato to a food processor or blender. Add in all ingredients except for 3 Tablespoons of olive oil.
- Blend until all ingredients are combined, then with the motor running slowly drizzle in the remaining olive oil until smooth and creamy.
- Taste and adjust if needed. Enjoy!

Tips:

- White beans an excellent source of Magnesium - a mineral important to muscle health especially after exercise.
- Turmeric contains antioxidants which help to keep you healthy and well.
- Try serving this hummus with vegetables or tortilla chips.

Nutrition Facts	
8 servings per container	
Serving size	2 tablespoons
Amount Per Serving	
Calories	140
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	8%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Picture from <https://www.southernliving.com>

Recipe adapted from: <http://www.beanitos.com/blog/turmeric-sweet-potato-hummus/>