

Super Low-Fat Hummus

Ingredients

1 16 oz. can Garbanzo Beans
 1 15 oz. can Cooked Sweet Potatoes **or**
 2 medium Baked or Steamed Sweet Potatoes
 2 Bulbs of Roasted Garlic (Optional)
 Your choice of Seasonings:
 Salt, Pepper, Garlic Hickory Seasoning, Tabasco Sauce, Garlic Powder, Garlic Salt, Smoked Salt

Ingredient	Calories	Fat (g)
Garbanzos	450	3.0
Yams	420	3.5
Total:	870	6.5
Each Serving:	72.5	0.54



Directions

1. Preheat oven to 350 degrees.
2. Wrap the garlic bulbs in foil with a little bit of water⁽⁴⁾.
3. Bake for 30 minutes⁽⁴⁾.
4. Remove from oven and cut off one end of the bulb with a knife⁽⁴⁾.
5. Squeeze the garlic out of the garlic bulbs into a food processor.
6. Add the opened can of Garbanzo beans.
7. Open the can of Sweet potatoes and drain the liquid off.
8. Add the Sweet potatoes to the food processor.
9. Run the food processor to combine all of the ingredients until it the texture is that of typical hummus.
10. Season to taste and refrigerate for 2 hours before serving.

Notes:

- (1) I used Primos's Gourmet Garlic Hickory Seasoning, but spice it up to your liking!
- (2) Serve with Pretzel Crisps or Rice Crackers as they are also very low-fat.
- (3) Recipe makes a lot of hummus! Divide into Tupperware, store in fridge and consume within 10 days.
- (4) Steaming garlic bulbs is also an excellent option.

Yield: (12) Generous 2 ½ oz. servings