

Smoky Sweet Potato Hummus

Prep time

10 mins

Cook time

10 mins

Total time

20 mins

Hummus is kicked up a notch with sweet potatoes, chipotle and lime. This hummus is lower in calories than regular hummus, although you'd never know it!

Author: Denise

Serves: 4

Ingredients

- 300g sweet potato, peeled and cut into 1 inch cubes (roughly 3.5 cups)
- Juice of 1 lime
- 1 clove garlic
- 1 550mL can of chickpeas
- 2 tbsp tahini
- 3 tbsp olive oil
- 1 chipotle pepper
- 4 tsp adobo sauce {from a can of chipotle peppers}
- ½ tsp salt
- ½ tsp ground cumin
- ½ tsp ground coriander
- ½ tsp chili powder

Instructions

1. Fill a medium pot with 0.5 cm of water. Add sweet potatoes and 'steam' for 10 or so minutes, until sweet potatoes are completely soft. Drain and rinse under cold water.
2. While sweet potatoes are steaming, assemble the remaining ingredients in the base of a 7-cup food processor fitted with a steel blade.
3. Add steamed sweet potatoes to remaining ingredients and process on high for one minute.
4. Scrape sides of food processor and process on high for another minute.
5. Serve with pita bread, veggies, crackers, or eat straight out of the bowl ;)

Recipe by Sweet Peas and Saffron at <http://sweetpeasandsaffron.com/2014/07/smoky-sweet-potato-hummus.html>

