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SWEET POTATO HUMMUS (EATING RAW)

Submitted By: [pbo064](#) On Feb 13, 2011

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Prep Time: 15 min

Serves: 24

Cooking Time: 5 min

Yield: 48 tbsp

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This hummus has it all. It's tasty, satisfying, and it'll work equally well whether you're craving salty or sweet foods. A few mornings ago, I slathered it on some of my raw cinnamon raisin bread for breakfast; I've also layered it into Ezekiel tortillas for lunch, scooped it on top of a nutrient dense salad or two, and stuffed it into some raw collard wraps, as you saw earlier this week: [http://www.choosingraw.com/sweet-potato-hummus/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed:+ChoosingRaw+\(Choosing+Raw\)](http://www.choosingraw.com/sweet-potato-hummus/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed:+ChoosingRaw+(Choosing+Raw))

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INGREDIENTS

- 1 1/2 medium [Sweet Potato](#)
- 1 1/2 cups [Chickpeas, Canned](#)
- 1 1/2 tsp [Sesame Oil](#)
- 5 tbsp [Tahini, Imported](#)
- 1/2 tsp [Curry Powder](#)
- 1/2 tsp [Salt](#)
- 1/4 tsp [Black Pepper](#)

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NUTRITION FACTS	
Serving Size: 2 tbsp	
Amount per Serving	
Calories 44	Calories from Fat 22.8
% Daily Value *	
Total Fat 2.53g	3%
Saturated Fat 0.35g	1%
Cholesterol 0mg	0%
Sodium 109.56mg	4%
Total Carbohydrate 4.55g	1%
Dietary Fiber 1.45g	5%
Sugars 1.25g	
Protein 1.51g	3%
Est. Percent of Calories from:	
Fat	52%
Carbs	41%
Protein	13%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.

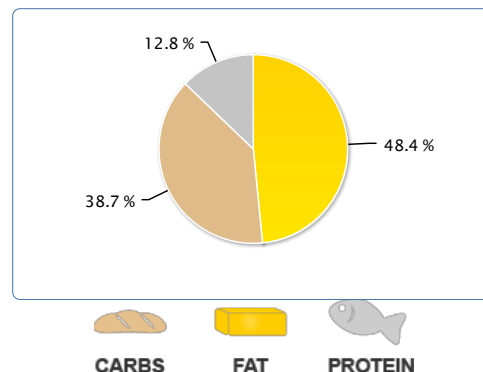
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Is this nutritional information correct?
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NUTRITION PROFILE**DIRECTIONS**

Sweet Potato Hummus (makes about 3 cups)

2 small or 1 very large sweet potato, cooked, skin removed, and cut into chunks (I like baking my potatoes, but if you're in a big rush, you can steam them or nuke them)

1 can chickpeas, drained, but with the liquid reserved

1 1/2 tsp sesame oil

5 tbsp tahini

1 tsp curry powder

1/2 tsp salt

Black pepper to taste

Water

Paprika

1) Place sweet potatoes in the processor.

2) Optional step: warm up your beans. This really isn't necessary for great hummus, but guess what? It's a really, really good trick of the trade. Either microwave your chickpeas for 1 minute (OK, for the record, I don't much like microwave cooking, but I don't think it's going to murder any of us if we do it once upon a hummus), or pour the chickpeas and their canning liquid into a little saucepot and get them warm. Drain them after, but reserve the liquid. That's it — not a lot of effort for a step that will really improve your hummus.

3) Place chickpeas (warm or not) into the processor along with the sesame oil, tahini, curry, salt and pepper. Run the processor. Take 1/2 cup (this should be all that's left) of the canning liquid from the beans (it's got starch in it, which will help make the hummus super delicious) and drizzle it into the processor to help create the perfect texture.

If you run out of liquid but the hummus needs to be thinner (this, by the way, should happen — all in all, I needed about 3/4 c. liquid for my batch) start drizzling in regular old water. Stop now and then to scrape the bowl. When the consistency is even, smooth, and thick but not pasty, you're done.

4) Sprinkle hummus with paprika, and serve.

COURSE

[Condiments, etc.](#)

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