

Sweet Potato Hummus

Oscar · 28/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

1 hr 20 mins

Description

I wanted something easy and fitting for an autumn gathering I found a sweet potato hummus recipe and altered it to make it even easier to make It is a nice combination of naturally sweet and typically savory Serve with pita wedges crackers or cut veggies

Ingredients

- - 3 sweet potatoes - 1 (15 ounce) can garbanzo beans
- drained (reserve liquid) and rinsed - 2 tablespoons extra-virgin olive oil - 2 tablespoons tahini - 2 tablespoons lemon juice - ½ teaspoon lemon zest - ¼ teaspoon ground cumin - ¼ teaspoon ground coriander - ¼ teaspoon ground white pepper - sea salt to taste

Instructions

1. Preheat the oven to 400 degrees F (200 degrees C). Poke holes all over sweet potatoes with a fork. Roast sweet potatoes in the preheated oven until soft
2. about 45 minutes; let cool. Cut sweet potatoes in half lengthwise. Combine garbanzo beans and olive oil in a blender and pulse several times to mash. Scoop flesh out of sweet potato peels and add to the blender; pulse to combine. Add tahini
3. lemon juice
4. lemon zest
5. cumin
6. coriander
7. white pepper
8. and sea salt to mixture; blend until smooth
9. adding reserved garbanzo bean liquid as needed to make a smooth
10. creamy hummus.