



Sweet Potato Hummus Veggie Wrap

Recipe created by Carlene McIntyre

This sweet potato hummus is made with no added oil or salt. It tastes great on wraps or as a dip for fresh veggies.

Ingredients

- 1 medium orange sweet potato (approx. 1 and ½ cups), baked until soft and peeled
- 1 and ½ cups chickpeas (1-15 ounce can, drained)
- 1 tbsp tahini
- 2 tbsp lime juice
- 3 cloves garlic, minced
- ½ tsp cumin
- ½ tsp fresh ground black pepper
- Optional, salt substitute to taste if desired
- ¼ cup water
- Your choice of tortillas or sandwich wraps
- Your choice of fresh veggies

Preparation

1. Add all the ingredients except water to a high-speed blender and blend. Gradually add in small amounts of water and blend until smooth.
2. Spread about ⅓ cup of hummus on each wrap and add veggies.

Notes

- Store unused hummu in a sealed container in the refrigerator.
- I used Mi Rancho THINcredibles tortillas in the photo.
- I used sliced tomato, red bell pepper, purple carrot, baby spinach & sprouts in the photo.