



**SABELLA FITNESS**

## HOME MADE SWEET POTATO HUMMUS

*Swap your supermarket dip with a delicious homemade one instead!*

Sweet potatoes are one of nature's multi-vitamins rich in minerals, iron and fibre!

### INGREDIENTS

- 2 sweet potatoes medium
- 3 tbs extra virgin olive oil
- 500 g chickpeas cooked
- 3 tbs tahini
- 3 cloves garlic peeled
- 1 lemon juiced
- 1/2 lemon zested
- 1/2 tsp cayenne pepper
- 1/2 tsp smoked paprika
- 1/4 tsp cumin powder
- 1 tsp sesame seeds \*to garnish
- 1 pinch sea salt \*to taste

**PREPARATION: 5MIN**

**COOKING: 65MIN**

### METHOD

- Preheat oven to 170C. Bake the sweet potatoes in the skins loose on the middle oven rack or in a baking dish for 45 minutes to an hour. You should be able to gently squeeze them when they're done.
- While the sweet potatoes are cooling, toss all of the other ingredients into a food processor. (If you're sensitive to spice, you may want to save the spices for last and add to taste). Pulse for 30 seconds until almost smooth. Once the sweet potatoes have cooled enough to handle, use a knife or your fingers to peel the skin off. Add the sweet potatoes to the food processor.
- Blend well. Add a little more extra virgin olive oil if too thick and then check seasoning.
- Serve with sprinkled sesame seeds and sweet potato crisps lavosh or some lebanese bread. YUM!

*Credit: bestrecipes.com.au*