

Dreamy Creamy Turmeric Sweet Potato Hummus

Cook time: 30 mins Total time: 30 mins

Serves: 2 cups

Ingredients

- 1 medium sweet potato, peeled and cubed
- ½ teaspoon turmeric
- ¼ teaspoon ground cumin
- ¼ teaspoon smoked paprika
- 3 cloves of garlic
- 1 tablespoon avocado oil
- ½ lemon, juiced
- 1 can white beans, drained and rinsed
- 1 tablespoon tahini
- Salt and pepper, to taste
- 2 tablespoons olive oil

Instructions

1. Pre-heat the oven to 175°C / 350°F.
2. Place the sweet potatoes on a baking tray and toss together with the spices and garlic.
3. Bake for 30-40 minutes until sweet potatoes are tender.
4. Let cool and add to a food processor with remaining ingredients, except the olive oil.
5. Blend until combined, then with the motor running slowly drizzle in the olive oil until smooth and creamy.
6. Taste test and adjust, then serve with veggie crudités or pitta chips!

Recipe by Sprinkle of Green at <http://www.sprinkleofgreen.com/turmeric-sweet-potato-hummus>