



Sweet Potato Hummus with Chickpeas

Creamy sweet potato blended with chickpeas, garlic, and olive oil for a smooth, savory hummus with gentle natural sweetness and classic body

INGREDIENTS

- 2 medium sweet potato, roasted (about a cup)
- 1 cup cooked chickpeas, drained and rinsed
- 1 small clove fresh garlic
- Extra-virgin olive oil (2-3 tbsp, plus more as needed)
- Sea Salt



DIRECTIONS

1. Roast the sweet potato whole at 400°F (205°C) until very soft, about 45-60 minutes. Cool slightly, then peel and scoop out the flesh.
2. Add sweet potato, chickpeas, garlic, olive oil, and salt to a food processor.
3. Blend until smooth and creamy, adding a small amount of water if needed to reach desired consistency.
4. Taste and adjust seasoning. Serve at room temperature, finished with a drizzle of olive oil.

RECOMMENDED ADD-INS (OPTIONAL)

- Tahini
 - Lemon juice or lemon zest
 - Smoked paprika or ground cumin
 - Chili flakes or Aleppo pepper
 - Toasted pumpkin seeds or pistachios
 - Herb oil (parsley or cilantro)
- 