



Food&Flow

Sweet Potato Hummus

1 lb. Sweet Potatoes
1 t Cumin Powder
1 large Lemon, juiced
1 t Sea Salt
3 T Olive Oil (more, if necessary)
1 T Agave Nectar
1-15 oz. can rinsed Chick Peas (garbanzo beans)
2-3 T Tahini
fresh Ground Pepper
dash Cayenne Pepper (use more if you like spice)

Bake or microwave sweet potatoes until fully cooked. Allow the potatoes to cool, then remove the skins and discard them, retaining the flesh.

Add sweet potato to the food processor together with lemon juice, cumin, salt, cayenne pepper, black pepper, agave, chick peas and tahini. Add olive oil while blending. Blend until smooth and creamy. Add more oil if needed or a small amount of water if hummus is too thick.

This sweet & savory hummus is perfect for picnics, parties and snacks for the kids, dipped into with carrots, celery, cucumbers or multi-grain chips & crackers.

Yogamint's Food & Flow video series can be seen at:
<http://www.yogamint.com/videos/foodandflow>

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