



Makes 2½ cups
Cook Time: 10 minutes

INGREDIENTS:

2 large sweet potatoes
¼ cup tahini
3 tablespoons lemon juice
4 cloves garlic
1½ teaspoons sea salt
1 teaspoon ground cumin
¼ teaspoon cayenne pepper
(optional)

Sweet Potato Hummus

With their bright color, earthy-sweet taste and creamy texture when blended, sweet potatoes are a natural fit for vegan hummus recipes. Here, a homemade sweet potato purée is doctored up with traditional hummus seasonings—tahini, lemon juice, garlic, and cumin—for a light twist on the chickpea classic. Feel free to play around with other seasonings as well to come up with your own ‘gourmet’ versions. Canned and frozen sweet potato purée can also be used in the recipe in place of fresh; just be sure to check the label to make sure the brand hasn’t been sweetened or seasoned.

*From **The China Study Family Cookbook***

By Del Sroufe

- 1** Preheat oven to 350°F. Scrub 2 large sweet potatoes; pat them dry. Prick the potatoes with a fork. Bake for 1 hour or until very tender; cool. Halve the potatoes and scoop the pulp into a food processor. Cover and process until smooth and creamy.
- 2** Add the tahini, lemon juice, garlic, salt, cumin, and cayenne pepper (if using) to the pureed sweet potato in the food processor. Cover and process until smooth and creamy. Store in the refrigerator up to a week.