

Sweet potato hummus

Recipe for 12 tapas

Description

Hummus is the perfect accompaniment to your dishes and dips.

Note

Be careful when cooking your sweet potato, as this is important for a smooth mixture.

Ingredients

- 2 Cup(s) Sweet potatoes
- 450 Gr Canned white beans
- 125 Ml Olive oil
- 60 Gr Tahini
- 2 Tbsp Lemon juice
- 2 Clove(s) Chopped garlic

- Salt and pepper

Preparation

- Preparation time **60 mins**
- Preheat your **Oven** at **425 F°**

Setting up

Peel the garlic cloves and chop coarsely.

Drain the tin of coconut beans.

Houmous

Prick the PDTs with a fork and place on a baking sheet lined with parchment paper. Bake in a hot oven for 30 minutes (check for doneness).

Place all the ingredients in a food processor, add the sweet potato flesh, blend, check the texture and season with salt and pepper.

Bon appétit!