



## RECIPE CARD

Grow it. Share it. Eat it.

Cooking together not only leads to delicious healthy meals, it can also be a great way for families to spend more time together, teach each other about local foods that are in season, and how to prepare them.



## Sweet Potato Hummus

### Featured Item: Sweet Potatoes

Serving Size: 1/4 cup • Yield: 10

#### Fun Facts:

- Orange is the sweetest version of sweet potato.
- Sweet potatoes can be yellow, red, and purple too!

#### Try It!

- Craving a baked potato? Bake a sweet potato instead and put toppings on it.

## INGREDIENTS

Sweet Potato, Local, Raw:	<b>1 potato</b>
Extra Virgin Olive Oil:	<b>3 teaspoons</b>
Ground Cinnamon:	<b>1 teaspoon</b>
Kosher Salt:	<b>1/4 teaspoon</b>
Garbanzo Beans:	<b>3 cups</b>
Lemon Juice:	<b>3 teaspoons</b>
Maple Syrup:	<b>3 teaspoons</b>
Vanilla Extract:	<b>3 teaspoons</b>
Coconut Milk, Canned:	<b>3 teaspoons</b>

## DIRECTIONS

1. Preheat oven to 350°F.
2. Scrub and wash sweet potatoes. Peel and dice into cubes. Place on baking sheet and toss with half of the olive oil and half of the ground cinnamon. Roast for 30 minutes or until tender. Cool.
3. Drain beans.
4. Mix beans with roasted sweet potatoes in food processor.
5. Add vanilla, lemon juice, maple syrup, rest of olive oil, rest of cinnamon and blend. Add coconut milk and blend until creamy.
6. Serve 1/4 cup and sprinkle top with cinnamon. Pairs well with apple slices or graham crackers.

Source: Pisanick Partners, LLC.