

A close-up photograph of a person's hands holding a carrot in a garden bed. The person is wearing a light blue and white striped shirt and light blue shorts. The garden bed is filled with various green leafy vegetables, including lettuce and spinach. The background is slightly blurred, showing more of the garden and a wooden structure.

LOCAL FOODS FOR GROWING MINDS

**FEED
OUR
FUTURE**

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: 50

HACCP Process #2:

Same day service

Child Nutrition Credit:

0.25 Cups Beans/Peas

INGREDIENTS

Sweet Potato, raw LOCAL: **4 1/2 potato, 5 inch long**

Olive Oil EVO: **1/4 C**

Cinnamon, ground: **1 Tbsp**

Salt, Kosher: **1 1/4 tsp**

Garbanzo Beans: **1 - #10 can**

Lemon Juice: **1/4 C**

Maple Syrup LOCAL: **1/4 C**

Vanilla Extract: **1/4 C**

Cinnamon Maple Sprinkles: **3/4 C**

Coconut Milk: **1/3 C**

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 1/2 tsp. maple sprinkles. Pairs well with apple slices.

Source: Pisanick Partners, LLC.