



Sweet Potato Houmous

Serves 8

1 ½ cup (250g) chickpeas,
drained

1 cup (255g) sweet potato,
mashed

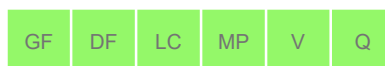
4 tbsp. tahini

½ tsp. smoked paprika

1 garlic clove, minced

What you need to do

1. Place all the ingredients to a high speed blender or food processor and blitz smooth.
2. Serve as a dip.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	182	12	16	5

*Nutrition per serving