

SWEET POTATO DIP

ingredients

- 450 grams sweet potatoes (3 cups peeled and cubed)
- ☐ 2 cloves of garlic
- ☐ ½ teaspoon cumin
- ☐ ½ teaspoon smoked paprika
- ☐ ½ teaspoon salt ☒
- ☐ 3 tablespoon of tahini
- ☐ 63 ml lime juice (1 lime)
- ☐ 2 tablespoon of chopped parsley for garnish (optional)

instructions

1. **Roast the sweet potatoes.** Preheat the oven to 400°F (200°C). Place the sweet potato cubes in a dish or container with a lid. Add the cumin, smoked paprika, salt, and garlic. Shake the container to coat the cubes. Place the sweet potatoes on a baking tray lined with parchment paper or a silicone baking mat. Bake for 20 minutes until the sweet potatoes are very tender when pierced with a fork.
 2. **Make the dip.** Add the roasted sweet potatoes, tahini, and lime juice to a food processor or blender. Blend until smooth.
 3. **Serve.** Serve sweet potato dip with pita chips or your favorite veggies. This dip also serves as a delicious sweet potato spread
- If you decide to make this dip using leftover sweet potatoes, add the cumin, smoked paprika, salt, and garlic to the food processor. You may want to cut the garlic back to 1 clove as raw garlic tastes stronger than roasted.