

# *Maple Walnut Sweet Potato Hummus*

by Simply Creative Chef Rob Scott

## Ingredients:

- 1- 15 oz. can chickpeas, drained & rinsed  
(reserve some of the liquid)
- 1 cup mashed sweet potato from 1  
medium sweet potato that has been  
baked, boiled or steamed until soft
- 1/4 cup chopped walnuts
- 1 tbsp. maple syrup
- 1/2 tsp. cinnamon
- 1/4 tsp. ground ginger
- 2-3 tbsp. reserved chickpea liquid and/or  
olive oil

## Directions:

1. Combine all of the ingredients except the reserved liquid and/or oil in your food processor or blender and puree.
2. Continue to puree and add oil and/or reserved liquid slowly until you have achieved your desired consistency.

Servings: 12