



©THE FOOD FAIRY 2017. ALL RIGHTS RESERVED

Quick and Yummy Sweet Potato Dip

YIELD: Approximately 12 three-tablespoon sized servings

Ingredients

2 medium sweet potatoes- about 1 lb, baked in their jackets OR 2 cups cooked and smushed
4 tsp lemon juice
½-¾ tsp onion powder
2 TBLSP Tahini*
¼ tsp sea salt or to taste
¼ tsp ground black pepper
Optional: Celery, Red, Green, Yellow Bell Peppers

Preparation

Using left over whole roasted sweet potatoes, skin and mash with a fork. Stir in the remaining ingredients. Delicious served with raw celery or bell peppers. Also, delicious with bread sticks and all forms of gluten-free crackers.



Food Fairy Note: If you need to roast some sweet potatoes, simply wash them and place them on a pan or piece of foil in a 400° oven for 40-60 minutes, depending on the size. They should feel soft and squishy when gently squeezed or a sharp knife should easily pierce all the way through.

*Ground sesame seed paste-may be found in the ethnic foods section (often with Jewish or Middle Eastern Foods) of your grocery store or near the nut butters.