

# Spiced Sweet Potato Hummus and Cumin Flatbread Chips

Yield: 2 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-flatbread-recipe-vegan>

## Ingredients:

- 1 sweet potato peeled, chopped and boiled until fork tender
- 7 1/4 ounces garbanzo beans drained
- 3 tablespoons tahini
- 2 tablespoons extra virgin olive oil
- 1 garlic clove
- 1/2 lemon juiced
- 1 tablespoon cumin
- 1 teaspoon paprika smoked
- 1/4 teaspoon canela
- 1/8 teaspoon cayenne pepper
- 1 dash nutmeg
- pepper
- salt
- extra-virgin olive oil for drizzling
- 2 sheets flatbread cut into 1 inch triangles
- 3 tablespoons olive oil for brushing
- 2 teaspoons cumin
- pepper
- salt

## Nutrition:

1. Calories: 1010 calories
2. Carbohydrate: 95 grams
3. Fat: 63 grams
4. Fiber: 27 grams
5. Protein: 28 grams
6. SaturatedFat: 9 grams

7. Sodium: 870 milligrams

8. Sugar: 14 grams

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