



The Gathered Green

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SPICY SWEET POTATO AND PUMPKIN DIP

Thank you thebigmansworld.com for the recipe and picture.

Ingredients

- ½ cup butternut pumpkin, steamed and cooled
- 1 medium sweet potato, steamed and cooled
- 3 tablespoons tahini
- 2 tablespoons extra virgin olive oil
- 1 teaspoon lemon juice
- 3 cloves garlic
- 1 teaspoon grated fresh turmeric
- 1 teaspoon cumin
- 2 teaspoons smoked paprika
- ½ teaspoon cayenne pepper (add more to increase spice)
- 1 teaspoon sea salt
- 1 teaspoon cinnamon





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Method

Add the sweet potato and pumpkin to a blender/food processor and blend for 1 to 2 minutes, until mashed.

Add the rest of the ingredients and pulse to the desired consistency.

Serve with your choice of dipping vegetables and biscuits (eg carrot, celery sticks and corn chips)

Enjoy!

Jane

