



Savory Sweet Potato Hummus

by **Carla Hall**



A silky, vibrant, fall-forward spin on classic hummus. This dip blends roasted sweet potato with tahini, and warm spices to create something familiar yet unexpected. Served with crudité, crackers, or pita chips, it's the kind of appetizer that disappears fast—and earns bonus points for looking like autumn in a bowl.

Prep Time:
20 Minutes

Cook Time
1 Hour

Serves:
4 Servings

Level:
Beginner

Ingredients

- 1 ½ cups roasted sweet potato flesh (about 1 large or 2 small sweet potatoes)
- 2 tablespoons tahini
- ½ teaspoon smoked paprika
- ½ teaspoon ground cumin
- ¼ teaspoon cayenne pepper (optional, for heat)
- 1 small garlic clove, grated on a microplane
- 2 teaspoons apple cider vinegar or lemon juice
- Kosher salt
- ¼ cup extra-virgin olive oil, plus more for drizzling
- 2–3 tablespoons water (adjust for consistency)
- Chopped fresh parsley or rosemary, for garnish
- Toasted pumpkin seeds (pepitas) or toasted walnuts, for garnish
- Assorted crudité, crackers, or pita chips, for serving

Instructions

Step 1

Roast the sweet potatoes until tender (about 45 minutes at 400°F, or use pre-cooked). Scoop out the flesh and let cool slightly.

Step 2

In a food processor, blend the sweet potato until smooth. Add the tahini, smoked paprika, cumin, cayenne, garlic, vinegar or lemon juice, and ½ teaspoon salt. Blend to combine.

Step 3

With the machine running, slowly drizzle in the olive oil, then add water 1 tablespoon at a time until the mixture is creamy and spreadable. Taste and adjust the seasoning — more salt for balance, more vinegar/lemon for brightness, or more paprika/cumin for depth.

Step 4

Transfer to a serving bowl. Drizzle with olive oil, sprinkle with parsley or rosemary, and scatter pumpkin seeds or toasted walnuts on top. Serve with crudité, crackers, or pita chips.

Serving & Finishing

- Spoon the hummus into a low, wide bowl.
- Use the back of a spoon to make a swirl in the center.
- OPTION: Drizzle with olive oil and garnish with smoked paprika, toasted pepitas, or pomegranate seeds.
- Serve with warm pita chips or sliced veggies.