

TAHINI SWEET POTATO

Tahini Sauce:

- 1 tbsp garlic - chopped
- 1 tbsp fresh ginger - peeled and chopped
- 1/8 tsp of sea salt
- 1 tbsp Tamari or soy sauce
- 1 tbsp fresh lemon juice
- 1 tbsp oil (I used sesame)
- 1 tbsp maple syrup (or honey)
- 2 tbsp tahini

Combine garlic and ginger in food processor and blend well. Add remaining ingredients and blend until smooth. Store unused portions (if any) in fridge.



Sweet Potatoes: Scrubbed and pricked and roasted whole for about 45 minutes at 400 degrees.

Toppings:

- Red pepper – diced
 - Zucchini – diced
 - Broccoli
 - Corn
 - Cannellini beans - drained and rinsed (or black beans or pinto beans)
 - Green onion - chopped
 - Avocado - cubed
 - Hemp seeds
 - Pumpkin seeds
- **You can put any vegetables and super foods on this****

Slice roasted sweet potatoes down the middle and gently squeeze ends to open. Top with a desired amount of toppings and drizzle with tahini sauce. Enjoy!

Inspired by Sue at Kind Living Yoga