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## Sweet Potato Hummus with Rosemary Almond Flatbread



### Sweet Potato Hummus:

#### Ingredients

2 cups of chopped sweet potatoes, skin on

1 garlic clove

2 tbsp lemon juice

1 cup cooked chickpeas

2 tbsp extra-virgin olive oil

2 heaping spoonfuls tahini paste

#### Directions

1. Preheat oven to steam setting 1. Spread sweet potato on glass pan and steam for 20 minutes.
2. Remove sweet potato from oven and let cool. Once cooled, add sweet potatoes to a blender or food processor and blend with remaining ingredients until smooth and creamy.

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## Rosemary Almond Flatbread

### Ingredients

- 1 cup white cheddar or hard goat cheese shredded/grated
- 1 cup almond flour (or ground almonds)
- 1/2 cup buckwheat flour
- 3 tbsp ground flaxseed
- 2 tsp garlic powder
- 2 tsp dried rosemary
- 1 tsp sea salt
- 2 eggs
- 4 tbsp extra-virgin olive oil
- 1/2 cup water



### Directions

1. Preheat convection oven setting to 180 degrees Celsius .
2. In a large bowl combine almond flour, buckwheat flour, ground flaxseed, garlic powder, dried rosemary and sea salt. In a separate small bowl, combine 2 eggs, oil and water. Add the wet ingredients to the dry ingredients and then fold in grated cheese. The batter will be thick and sticky. Option: Combine all ingredients into a food processor and blend until creamy smooth.
3. Grease pan with oil or cover with parchment paper. Spread batter on to pan. Bake on the convection oven setting for 25-30 minutes until golden brown.
4. Let cool, then cut into squares and spread sweet potato hummus on each square.

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