



Sweet Potato Guacamole

Recipe of the month: December

Nutrition information per serving

- Serving size: 8 servings
- Calories: 56
- Protein: 1 gram
- Carbs: 5.2 grams
- Fat: 3.7 grams

Ingredients

- 1 medium-sized sweet potato
- 1/2 teaspoon ground chipotle chili pepper
- 2 tablespoons fresh lime juice
- 1 tablespoon salsa verde
- 1 ripe avocado
- 1/2 teaspoon salt
- Garnish: cilantro leaves
- Dipping complement: fresh veggies, crackers, or tortilla chips

Instructions

1. Preheat oven to 350 degrees.
2. Bake sweet potato for 45 minutes or until tender. Let cool slightly and peel.
3. Place baked sweet potato in a small food processor or blender; add remaining ingredients. Pulse until well combined. Serve warm or at room temperature with fresh veggies, crackers, or tortilla chips.

Bon Appetit!