

Creamy Sweet Potato Dip

Ingredients

- ½ whole wheat pita, split and cut into 8 pieces
- 1/3 c roasted, mashed sweet potato
- 1 Tbsp plain, Greek lowfat yogurt
- ¼ tsp honey
- 1/8 tsp chipotle chile powder
- 1/8 tsp salt

*makes 1 serving

Nutrition Facts (1 serving)

- Calories 170
- Fat 1g
- Saturated Fat 0g
- Protein 6g
- Carbohydrate 35g
- Fiber 5g
- Cholesterol 0mg
- Sodium 490mg

Instructions

Preheat oven to 350 degrees. Arrange pita pieces on a baking sheet; bake for 10 minutes until crisp. While pita bakes, combine sweet potato, yogurt, honey, chile powder and salt in a small bowl; stir with a fork until smooth. Serve with warm pita chips.

