

# Creamy Sweet Potato Dip

From – [www.health.com](http://www.health.com)

2 whole wheat pita, split and cut into 32 pieces  
1 1/3 cup roasted mashed sweet potato  
1/4 cup plain Greek-style low-fat yogurt  
1 tsp honey  
1/2 tsp dried chipotle chile powder  
1/2 tsp salt

- Preheat oven to 350°. Arrange pita pieces on baking sheets; bake at 350° 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.



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