

PUMPKIN HUMMUS

Adapted from:

<http://allrecipes.com/recipe/savory-pumpkin-hummus/>



INGREDIENTS:

- 2 tablespoons lemon juice
- 2 tablespoons tahini
- 3 cloves garlic
- 3/4 teaspoon salt
- 2 (15 ounce) cans garbanzo beans, drained
- 2 teaspoons extra-virgin olive oil
- (15 ounce) can pumpkin puree
- 1 teaspoon ground cumin
- 1/2 teaspoon cayenne pepper
- 1/4 cup toasted pumpkin seed kernels, or more to taste
- 1 pinch paprika

MATERIALS NEEDED:

- Mixing Bowl
- Measuring cups
- Measuring spoons
- Food processor or blender
- Spoons

INSTRUCTIONS:

Pulse lemon juice, tahini, garlic, and salt together in a food processor or blender until smooth. Add garbanzo beans and olive oil and pulse until smooth. Add pumpkin, cumin, and cayenne pepper; process until well blended. Transfer hummus to a container with a lid and refrigerate at least 2 hours. Fold pumpkin seeds into hummus; garnish with paprika. Serve with pita chips or raw vegetables.

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