Bloody-Tini’s & Pumpkin Hummus

Hosted by: Student Health Advocates

Bloody-tini

Ingredients:
• Rasberry Juice
• Acai Juice
• Fresh Limes or Lime Juice
• Sparkling water (can be rasberry flavored or lime flavored)
• Sugar
• Red food coloring

Directions:
• Mix red food coloring with sugar to rim the martini glasses (don’t worry if it slightly drips)
• Mix 2 oz of raspberry juice, 1 oz acai juice and 1/2 oz fresh lime with ice in a shaker.
• Strain into a martini glass and top with some sparkling water.
• Then just attatch a bit of lime to the glass.

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
• 1 (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

Directions:
• 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.