

Bloody-Tini's & Pumpkin Hummus

Hosted by: Student Health Advocates

Bloody-tini

Ingredients:

- Raspberry Juice
- Acai Juice
- Fresh Limes or Lime Juice
- Sparkling water (can be raspberry 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, 1oz acai juice and 1/2oz fresh lime with ice in a shaker.
- Strain into a martini glass and top with some sparkling water.
- Then just attach 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.

