



Pumpkin Hummus

2 servings

10 minutes

Ingredients

61 grams Pureed Pumpkin
164 grams Chickpeas (cooked, drained and rinsed)
1 Garlic (clove)
1/4 Lemon (juiced)
30 milliliters Extra Virgin Olive Oil
2 grams Sea Salt

Directions

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Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!

Notes

Make it Spicy: Add chili powder, cayenne pepper or chili flakes.

Extra Toppings: Top with a drizzle of olive oil, cinnamon, cayenne pepper, pumpkin seeds or hemp seeds.

Serve it With: Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread!

Storage: Store in an air-tight container in the fridge up to 3-5 days, or in the freezer up to 6 months.