



Pumpkin Hummus

4 servings

10 minutes

Ingredients

- 1/2 cup Pureed Pumpkin
- 2 cups Chickpeas (cooked, drained and rinsed)
- 2 Garlic (clove)
- 1 1/2 tbsps Lemon Juice
- 1/4 cup Extra Virgin Olive Oil
- 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	268
Fat	16g
Carbs	26g
Fiber	7g
Sugar	5g
Protein	8g
Vitamin C	5mg
Calcium	51mg
Iron	3mg
Vitamin D	0IU
Folate	146µg
Vitamin B12	0µg
Magnesium	47mg
Zinc	1mg

Directions

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

Notes

Leftovers: Refrigerate in an airtight container for up to five days, or in the freezer for up to six months.

Make it Spicy: Add chilli powder, cayenne pepper or chilli flakes. Or paprika if you prefer milder spice.

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!