

Recipe Card



Savory Pumpkin Hummus

Recipe by: As Easy As Apple Pie

Serves 8 (Makes 2 cups of hummus)

Prep time: 5 minutes

Total time: 5 minutes

Ingredients:

1 can (14 ounces) chickpeas drained and rinsed

$\frac{2}{3}$ cup pumpkin puree not pie filling

2 tablespoons tahini

2 cloves garlic

1 lemon juiced (2 tablespoons)

1 $\frac{1}{2}$ tablespoon extra-virgin olive oil

$\frac{1}{2}$ teaspoon cumin

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon ground cinnamon

$\frac{1}{4}$ teaspoon paprika

water if needed

To garnish (optional): chopped parsley, sesame seeds, paprika, extra virgin olive oil

Directions:

1. Place all the ingredients into a food processor and blend until smooth and creamy, scraping down the sides as needed.
2. Add more olive oil or water if it's too thick.
3. Taste and adjust seasonings.
4. Place the savory pumpkin hummus in a shallow bowl, drizzle with extra virgin olive oil, garnish with sesame seeds, chopped parsley and paprika.
5. Serve immediately or cover and refrigerate for up to 4 days.

Nutrition information: Per serving (60g) — Calories: 16; Fat: 6.1g; Saturated Fat: 0.8g; Sodium: 160mg; Carbohydrates: 21.6g; Fiber: 6.4g; Sugar: 4.1g; Protein: 6.8g

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