



PUMPKIN HUMMUS

Yield: approximately 3 cups

Ingredients:

- ❖ (1) 15 oz. can chickpeas, drained and rinsed
- ❖ 1 cup pumpkin puree
- ❖ 1/4 teaspoon garlic, minced
- ❖ 1/4 cup extra virgin olive oil
- ❖ 2 tablespoons fresh lemon juice
- ❖ 2 large pitted dates
- ❖ 1 tablespoon maple syrup
- ❖ 2 teaspoons pumpkin pie spice
- ❖ 1/2 teaspoon sea salt
- ❖ Water, added to desired consistency
- ❖ Garnish (optional): Pumpkin seeds, toasted



Procedure:

1. In a food processor, blend all ingredients until smooth and creamy.
2. Garnish with toasted pumpkin seeds.