

PUMPKIN HUMMUS

NUTRITION FACTS

Serving Size: 1 serving (recipe makes about 2 servings in total)

Calories 268 | Carbohydrates: 26g | Protein: 8g | Total Fat: 16g | Saturated Fat: 2g | Sodium: 303mg | Fiber: 7g

INGREDIENTS

- 1/4 cup Pureed pumpkin
- 1 cup Chickpeas (cooked, drained and rinsed)
- 1 Clove of garlic
- 1/4 Lemon (juiced)
- 2 Tbsps Extra virgin olive oil
- 1/4 tsp Sea salt

DIRECTIONS

1. Add all ingredients to 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.





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