



Spooky Snacks: Pumpkin Hummus on Black Lentil Flatbread

Recipe created by Carlene McIntyre

This savory pumpkin hummus is SOS-free. It tastes great on black lentil flatbread (only 2 ingredients - lentils & water). A fun and tasty Halloween treat! 🎃

Ingredients

Black Lentil Flatbread

- 1 cup black lentils, rinsed
- 2 and ¼ cups hot water

Pumpkin Hummus

- ¾ cup pumpkin puree, fresh or canned (NOT pumpkin pie filling)
- 1 and ½ cups chickpeas (1-15 ounce can, drained)
- 1 tbsp tahini
- 2 tbsp lime juice
- 2 to 3 cloves garlic, minced
- ½ tsp cumin
- ½ tsp sumac
- Optional, salt substitute to taste if desired
- ¼ cup water

Preparation

Black Lentil Flatbread

1. Preheat the oven to 400 degrees F. Line a large baking sheet with parchment paper.
2. Add the lentils and hot water to a high-speed blender and blend until a smooth batter is formed.
3. Pour the batter onto the parchment-lined baking sheet. Use a spoon to spread the batter evenly.
4. Bake for about 30 minutes.
5. Allow the flatbread to cool for a few minutes, then peel it away from the parchment paper. Use kitchen shears to cut into slices or shapes, using a cookie cutter as a guide.



Healthy Eating For A Happier Life

Pumpkin Hummus

1. Add all ingredients except water to a high-speed blender and blend until smooth.
2. Gradually add small amounts of water and blend after each addition until the desired consistency is reached.

Spread the hummus on the flatbread and enjoy! This also makes a great Halloween HumVeg Sandwich if you want to add raw and/or roasted veggies.

Notes

- Store unused hummus in a sealed container in the refrigerator.