

# Pumpkin Hummus



**Servings: 6**

**Yield: 3 cups**

*1 can chickpeas, rinsed and drained*

*1 cup pumpkin puree*

*1/3 cup tahini*

*1/4 cup olive oil*

*3 tablespoons orange juice*

*1 tablespoon toasted sesame oil*

*1 teaspoon ground cumin*

*1 garlic clove*

*1/4 teaspoon salt*

*For Topping:*

*pumpkin seeds*

*pomegranate arils*

To a food processor add chickpeas, pumpkin puree, tahini, olive oil, orange juice, toasted sesame oil, ground cumin, garlic, and salt. Pulse until smooth.

Place the hummus into a bowl and top with pumpkin seeds and pomegranate arils if you desire.

Serve with chips or vegetables.

Enjoy!

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Per Serving (excluding unknown items): 182 Calories; 16g Fat (73.7% calories from fat); 3g Protein; 9g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 110mg Sodium; 2g Total Sugars; 0mcg Vitamin D; 72mg Calcium; 1mg Iron; 178mg Potassium; 123mg Phosphorus. Exchanges: .