

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, freshly squeezed

1 tablespoon toasted sesame oil

1 teaspoon ground cumin

1 garlic clove

1/4 teaspoon salt

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.

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: .