



Spicy Pumpkin Hummus

540 ml chickpeas, rinsed & drained
2 garlic cloves, minced
1/4 cup each lemon juice & water
3 tbsp tahini
1/2 cup canned unsweetened pure pumpkin
1 tsp cumin
3/4 tsp salt
1/4 tsp cayenne
1/3 cup olive oil

1. Place chickpeas, garlic, lemon juice, water and tahini in a food processor. Whirl until smooth. Add pumpkin and seasonings. Whirl again.
2. With motor running, drizzle in oil until blended. Taste and add more lemon juice or cayenne if needed.
3. Garnish with paprika or fresh herbs.