

Savory Pumpkin Hummus

MAKES 3 cups • PREP TIME: 10 min COOK
TIME: 0 minutes



INGREDIENTS

- 1 ½ cups chickpeas
- 1 ¼ cup 100% pumpkin pureé, unsweetened
- ¼ cup tahini paste
- 2 large garlic cloves
- 2 tablespoons lemon juice
- 1/3 cup filtered water
- 1 teaspoon ground cumin
- ½ teaspoon ground cinnamon
- ½ teaspoon ground cayenne pepper
- ¾ teaspoon sea salt
- 1 teaspoon fresh thyme leaves
- 2 tablespoons nutritional yeast

OPTIONAL GARNISH

- Drizzle extra virgin olive oil
- Pinch cayenne pepper
- Pepita seeds
- Cumin seeds

DIRECTIONS

1. Drain and rinse the chickpeas.
2. To prepare the hummus, add all of the ingredients into a high speed blender and blend until smooth. If the hummus is grainy, add a little more water, 1 teaspoon at a time, until smooth.
3. Serve the hummus in a bowl with or without a drizzle of olive oil, pinch of cayenne pepper, pepita seeds, and cumin seeds (if using). Try it as a dip with seed crackers and/or sliced vegetables. Keep refrigerated in an airtight container for up to 4 days.

Key Takeaways

Pumpkin is a good source of antioxidants that boost the immune system, help with eyesight, and lower risk of certain cancers as well as support healthy skin.