

SAVORY PUMPKIN HUMMUS



INGREDIENTS:

- 1/2 cup chickpeas (drained and rinsed)
- 1/4 cup canned pumpkin
- 1 tsp minced garlic
- 1 tsp olive oil
- 1/2 tsp cumin
- 1/2 tsp ground ginger
- 1/2 tsp onion powder
- juice from 1/4 lemon

DIRECTIONS:

1. Put chickpeas, spices, garlic, and lemon juice in a food processor or blender and blend until mixed well and chickpeas are mostly mashed
2. Add pumpkin and continue to blend for about a minute
3. Add the oil and continue blending until smooth and creamy
4. Transfer to a bowl and store in the fridge in an airtight container for 30 minutes or more

Makes 2 Servings | 1 Serving =
Calories: 92 | Protein: 3 g | Carb: 13 g | Fat: 3 g | Fiber: 3