

Pumpkin Hummus

Ingredients:

- 1 small garlic clove
- 15-ounce can chickpeas
- 1¾ cup pumpkin puree (or 15-ounce can pumpkin puree)
- ½ teaspoon kosher salt
- 1 teaspoon ground cumin
- Juice of 1 lemon
- 1 tablespoon olive oil

Directions:

1. Peel the garlic clove. Place it in the bowl of a food processor and process until finely chopped.
2. Drain and rinse the chickpeas. Add chickpeas, 1¾ cup pumpkin puree (or less, if you like a thicker hummus), ½ teaspoon kosher salt, 1 teaspoon cumin, the juice of 1 lemon and 1 tablespoon olive oil. (If desired, add a pinch of cayenne for some spice.)
3. Blend thoroughly to combine...enjoy!

1770 Calories, 278 carbs, 47g fat, 81g protein, 787mg sodium, 46g sugar