

Pumpkin Hummus

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food processor
strainer for rinsing chickpeas
measuring cups and spoons
chopping board and knife
citrus juicer
bowl scraper
2 x 1-cup serving bowls

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1. Into the food processor, **place**
 - 1 can drained and rinsed **chickpeas**
 - 1 cup **mashed pumpkin**
 - ¼ cup **extra virgin olive oil**
 - ¼ cup **tahini**
 - ¼ cup **lemon juice**
 - 1 tsp **ground cumin**
 - 1 tsp **pink or sea salt**
 - 1 **garlic clove**, quartered
 2. **Process** until smooth.
 3. **Serve garnished** with
 - drizzle of **olive or pumpkin seed oil** (opt.)
 - sprinkle of **pepitas** (opt.)
 - cracked black pepper** (opt.)
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