

## PUMPKIN HUMMUS RECIPE

*Yields 1 portion*

### INGREDIENTS FOR PUMPKIN HUMMUS

- 2 cups Canned Pumpkin
- 1 cup Garbanzo Beans (puréed, see below)
- ¼ cup Water
- 2 tbsp. Olive Oil
- ¼ tsp. Cinnamon
- ½ tsp. Nutmeg
- ½ tsp. Ground Cumin
- 1 tsp. Brown Sugar
- Squeeze of Lemon
- Salt (to taste)
- Toasted Pumpkin Seeds (to garnish)



### INGREDIENTS FOR GARBANZO BEAN PURÉE

*Allow 24 hours to soak garbanzo beans ahead of preparing the Pumpkin Hummus.*

- 1 cup Garbanzo Beans (dry)
- ⅛ tsp. Baking Soda

### GARBANZO BEAN PURÉE METHOD

1. Add dry garbanzo beans to a large container and cover with three inches of water for 24 hours.
2. Drain garbanzo beans, then add to a large pot with four inches of water.

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3. Add baking soda and simmer for two hours, or until beans are soft and fall apart.
4. Drain garbanzo beans and reserve one cup of water from the pot.
5. Allow garbanzo beans to cool, then add to a blender with the reserved water and purée until smooth. Use immediately to prepare hummus.

## PUMPKIN HUMMUS METHOD

1. Add garbanzo bean purée, water, lemon squeeze, olive oil, cinnamon, nutmeg, ground cumin and brown sugar to a blender and purée until fully incorporated.
2. Add canned pumpkin to the purée and use a spatula to mix until fully incorporated.
3. Add salt and olive oil to taste.
4. Garnish with toasted pumpkin seeds and a shake of nutmeg, and enjoy!

