

PUMPKIN HUMMUS

INGREDIENTS

- 2 cups canned pumpkin
- 2 cups garbanzo beans
- ¼ cup water
- 2 tbsp. olive oil
- ¼ tsp. cinnamon
- ½ tsp. nutmeg
- ½ tsp. ground cumin
- 1 ts.p brown sugar
- Squeeze of lemon
- Salt



METHOD

1. Puree garbanzo beans in a blender with water, lemon juice, olive oil and spices until smooth.
2. Using a rubber spatula, mix puree with canned pumpkin puree until it's completely incorporated.
3. Add salt and olive oil to taste.
4. Garnish with toasted pumpkin seeds & freshly grated nutmeg.

