



## Pumpkin Hummus

### Yield:

Approximately 3 cups

### Ingredients:

1 can garbanzo beans, rinsed and drained

1 cup canned pumpkin (save the rest to make pumpkin bread or pumpkin smoothies)

2 tbsp. tahini

Juice of 1 lemon, about  $\frac{1}{4}$  cup

1 tsp cumin

1 clove of garlic

1 tsp salt

1 tbsp. olive oil

A sprinkle of paprika for the top.

### Directions:

Add all ingredients (except paprika) to a food processor or blender and combine well. Add to serving dish and sprinkle with paprika. Enjoy with vegetables and pita chips. That's it!