



Easy Pumpkin Hummus



Savory pumpkin dip just in time for fall!

Prep Time : 10 mins

Cook Time : 0 mins

Yields: 2 1/2 cups

Ingredients :

- 1 small garlic clove
- 15-ounce canned chickpeas
- $\frac{3}{4}$ cup canned pumpkin puree
- $\frac{1}{2}$ teaspoon kosher salt
- 1 $\frac{1}{4}$ teaspoons ground cumin
- 2 tablespoons fresh lemon juice
- 1 teaspoon maple syrup
- 1 tablespoon olive oil



Instructions :

1. Peel the garlic clove. Place it in the bowl of a food processor or blender and process until finely chopped.
2. Drain the chickpeas. Add chickpeas, pumpkin puree, salt, cumin, lemon juice, maple syrup and olive oil. (If desired, add a pinch of cayenne for some spice.)
3. Blend thoroughly to combine.



Nutrition Facts :

Serves 10 Serving Size: 1/4 cup
Calories Per Serving: **81**

Total Fat 2.5 g_(3%) **Saturated Fat** 0.3 g
Total Carbohydrate 12.8 g_(5%)
Dietary Fiber 2.8 g_(10%) **Sugars** 1.2g_(1%)
Protein 3.3 g_(7%) **Iron** 1.2 mg_(7%)
Magnesium 21 mg_(5%) **Calcium** 48.5µg_(4%)
Vitamin A 143.6 µg_(16%)
Vitamin B6 0.4 mg_(23%)
Vitamin C 6.3 mg_(7%)

Notes :

Stores refrigerated
for up to 5 days.

