

## Southwestern Pumpkin Hummus

If you are looking for a new way to use roasted or canned pumpkin, this is a great recipe. It combines a base of traditional chickpeas along with pureed pumpkin, seasoned with savory warm spices. This recipe is for a basic dip which can be adjusted based on personal preferences.

### Ingredients:

- 1 can chick peas, drained and rinsed
- 1 cup pumpkin puree (not pumpkin pie filling!)
- 2 T olive oil
- 2-3 T lime juice
- 1 large clove garlic, minced, or 2-3 cloves roasted garlic
- 1-2 T tahini (optional)
- 1-2 tsp ground cumin
- 1 tsp chili powder (or to taste)
- Chopped cilantro, for garnish
- Roasted pumpkin seeds, for garnish



### Directions:

Blend all ingredients in a food processor until desired creaminess. Adjust thickness with a bit more olive oil or lime juice, as desired.

Makes about 2 cups of dip. Serve with cut fresh vegetables or whole grain crackers.