

Pumpkin Hummus by foodtalk4you

Place the following ingredients into the bowl of a food processor:

1 can (15 oz/425 g) chickpeas/garbanzo beans – drained, reserve liquid for thinning

1 can (15 oz/425 g) pumpkin puree

3 Tablespoons tahini

Juice of 1 lemon

2-3 cloves garlic, cut into pieces

1/2 teaspoon cumin

1 teaspoon salt

1/2 teaspoon pepper

1/2 teaspoon smoked paprika

1/2 teaspoon chili powder

5 shakes of red cayenne pepper

Method:

Pulse several times to start mixing and pureeing. Turn the food processor to ON and allow it to continue mixing. After 30 seconds, add about 2 tablespoons of the reserved chickpea fluid and continue to process, scraping the sides of the container at 30 second intervals.

Taste the hummus and adjust seasonings. I added about the same measure of cumin, paprika, and chili powder. How strong of a flavor to make this is a personal preference. I find hummus naturally bland and while I wanted a bit more taste, I didn't want to go overboard. The garlic element will build a bit as the flavors meld.

When the taste and texture are to your liking, transfer the hummus to a serving dish, using the back of a spoon to make gentle swirls on the top.

Drizzle about 2 tablespoons of extra virgin olive oil across the top of the hummus and sprinkle pepitas/pumpkin seeds on the top.

Serve with tortilla chips, pumpkin chips, and/or fresh raw veggies. Leftovers, if you should be that lucky, refrigerate well for a few days.