Weekly Action: Pumpkin Hummus!

Makes about 3 cups

2 cans (15.5 ounces each) organic garbanzo beans
1/3 cup fresh lemon juice
1/4 cup tahini
2 cloves garlic, chopped
1 1/4 teaspoons coarse or kosher salt
1 T olive oil
1 cup fresh pumpkin puree
1/2 teaspoon ground nutmeg
1/2–1 teaspoon cayenne pepper and black pepper blend

Rinse and drain 2 cans of chickpeas, reserve 1/4 cup liquid. Place chickpeas and reserved liquid in a food processor. Add lemon juice, tahini, garlic cloves, pumpkin, nutmeg, cayenne and coarse salt. Process until smooth. I drizzle in olive oil while processing, it makes it even smoother and gives it a bit of a better taste. Taste the hummus, add more seasonings to taste. To store, refrigerate in an airtight container up to 1 week.

Once you have completed this weekly action, send photographic evidence to eatlocal@eatlocalcaledon.org to be entered into our weekly prize draw!
Weekly Action: Pumpkin Hummus!

Makes about 3 cups

2 cans (15.5 ounces each) organic garbanzo beans

Juice

Tahini

Garlic, chopped

Spoon coarse or kosher salt

Oil

Pumpkin puree

Ground nutmeg

Spoon cayenne pepper and black pepper blend

Drain 2 cans of chickpeas, reserve 1/4 cup liquid. Place chickpeas and reserved liquid in a food processor. Add lemon juice, tahini, garlic cloves, pumpkin, nutmeg, cayenne, and coarse salt. Process until smooth. I drizzle in olive oil while processing, it makes it even smoother and gives it a bit of a better taste. Taste the hummus, and add more seasonings to taste. To store, refrigerate in an airtight container up to 1 week.

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