

## Weekly Action: Pumpkin Hummus!

about 3 cups

1.5 ounces each) organic garbanzo beans

1/2 cup fresh lemon juice

2 tablespoons tahini

2 cloves garlic, chopped

1/2 teaspoon coarsely ground or kosher salt

2 tablespoons olive oil

1/2 cup pumpkin puree

1/4 teaspoon ground nutmeg

1/2 teaspoon cayenne pepper and black pepper blend

**Instructions:** Drain 2 cans of chickpeas, reserve 1/4 cup liquid. Place chickpeas and liquid in a food processor. Add lemon juice, tahini, garlic cloves, pumpkin puree and coarse salt. Process until smooth. Drizzle in olive oil while processing to make it even smoother and gives it a bit of a better taste. Taste the hummus, adjust seasonings to taste. To store, refrigerate in an airtight container up to 1 week.

**You have completed this weekly action, send photographic evidence to [eatlocalcaledon.org](mailto:eatlocalcaledon.org) to be entered into our weekly prize draw.**



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