

# SPICY PUMPKIN HUMMUS

THIS HUMMUS RECIPE MAKES A GREAT DIP, SNACK, OR IT CAN BE USED AS A SURPRISINGLY YUMMY CONDIMENT ON TOP OF BURGERS OR WHATEVER ELSE COMES TO MIND!

SERVINGS 6

## INGREDIENTS

1 CUP (240 GRAMS) CANNED PUMPKIN PUREE  
1 15-OZ (425 GRAM) CAN CANNELLINI BEANS, RINSED AND DRAINED  
2 TBSP TAHINI  
JUICE OF HALF A LARGE LEMON  
1 TBSP EXTRA-VIRGIN OLIVE OIL  
3 GARLIC CLOVES, MINCED  
1 TSP CUMIN  
1½ TSP NUTRITIONAL YEASTFLAKES  
1-2 DASHES OF HOT SAUCE ORSRIRACHA (TO TASTE)  
½ TSP. SMOKED PAPRIKA, PLUSEXTRA FOR SERVING  
KOSHER SALT, TO TASTE

## INSTRUCTIONS

PLACE ALL THE INGREDIENTS IN A FOOD PROCESSOR AND BLEND UNTIL SMOOTH. TASTE AND ADJUST SEASONINGS. SERVE & ENJOY!

CALORIES: 75  
PROTEIN: 2.6G  
FAT: 4.2G  
CARBS: 8.7G

