

Savory Pumpkin Hummus

Oscar · 28/09/2024



Prep Time

2 hrs 15 mins

Difficult

Medium

Servings

16

Description

I tinkered a bit with what I found in other recipes and this is the result I think I like my results I stirred in a small handful of tamariflavored pumpkin seeds just before serving couldnt find plain ones and sprinkled a bit of paprika on top to make it look nice

Ingredients

- - 2 tablespoons lemon juice - 2 tablespoons tahini - 3 cloves garlic - $\frac{3}{4}$ teaspoon salt - 2 (15 ounce) cans garbanzo beans
- drained - 2 teaspoons extra-virgin olive oil - 1 (15 ounce) can pumpkin puree - 1 teaspoon ground cumin - $\frac{1}{2}$ teaspoon cayenne pepper - $\frac{1}{4}$ cup toasted pumpkin seed kernels
- or more to taste - 1 pinch paprika

Instructions

1. Pulse lemon juice
2. tahini
3. garlic
4. and salt together in a food processor or blender until smooth. Add garbanzo beans and olive oil and pulse until smooth. Add pumpkin
5. cumin
6. and cayenne pepper; process until well blended. Transfer hummus to a container with a lid and refrigerate at least 2 hours. Fold pumpkin seeds into hummus; garnish with paprika.