

SAVORY PUMPKIN HUMMUS

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1/4 cup, Serves: 8

Nutrition (per serving)

Calories: 60

Total Fat: 4 g

Saturated Fat: 0.5 g

Sodium: 90 mg

Total Carbohydrate: 5 g

Dietary Fiber: 1 g

Total Sugars: 1 g

Added Sugars: 0 g

Protein: 1 g

PREP TIME: 25 min



Ingredients

- 1 (15 ounce) can low sodium chickpeas
- 1 cup 100% pumpkin puree
- ¼ cup fresh squeezed lemon juice
- 2 Tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon onion powder
- ½ teaspoon paprika
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- Optional: Sesame seeds for garnish



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HEALTHCARE

Directions

1. Add all of your ingredients into a food processor that can hold at least 3.5 cups.
2. Puree mixture for about 5 minutes or until smooth and creamy, scraping down the insides of the food processor, as needed.
3. Place hummus in a serving bowl and serve with whole grain pita bread, sliced vegetables, or multigrain tortilla chips to dip.