

PUMPKIN HUMMUS

(a variation from internet sources)

1 can chickpeas, drained and peeled
1/4 cup lemon juice
1/4 cup water
3 Tbsp tahini
1/2 cup canned unsweetened pumpkin puree
1 tsp cumin
1/4 tsp smoked paprika
1/2 tsp salt
1/4 cayenne pepper
drizzle of olive oil

Place chickpeas, lemon juice, water and tahini in food processor. Process until really smooth, let the machine run for a couple of minutes, scrape the sides of the bowl with a spatula, process again. Add the pumpkin puree' and seasonings. Process. With the motor running drizzle a little olive oil. Taste and add more lemon juice, cayenne pepper, and salt if needed.