

# Herbal Legacy Recipes

## SPICY PUMPKIN HUMMUS

### INGREDIENTS

- 2 ½ cups cooked chickpeas
- ½ cup pureed pumpkin
- ¼ cup water
- 2 garlic cloves, minced
- 2 tbsp lemon juice
- 2 tbsp olive oil
- 1 heaping tbsp tahini
- 1 tsp cumin
- ¼ tsp cayenne pepper
- salt to taste



### DIRECTIONS

1. Place chickpeas, garlic, lemon juice, water, and tahini in a food processor.
2. Whirl until smooth. Add pumpkin and seasonings. Whirl to combine.
3. With motor running, drizzle in oil until blended.
4. Give it a little taste test and add more seasonings or lemon juice as needed.

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