

# Pumpkin Hummus

## **Pumpkin Hummus**

Use this recipe to munch on fresh vegetables with or as a topping on your favorite wraps, tacos and cooked meats!

**Total Time:** 5 minutes

**Servings:** 12 servings

### **Ingredients:**

- 1 (15 oz) can pure pumpkin puree
- 1 (15 oz) can chick peas
- 1 garlic clove, chopped
- 1 tbl olive oil
- 1 lemon (juice)
- 1 tsp cumin (taste test to determine if you prefer more seasoning)

**Instructions:** Place all ingredients into blender, mix and enjoy!

### **Nutritional Information per serving:**

55 calories 8g carbs, 1.5g fat, 2g protein

