

Pumpkin Pie Hummus

This is a delicious protein and fiber packed snack that tastes like a dessert. It's quick and easy to blend together for a nutritious snack any time you're craving pumpkin pie flavor!

YIELD 14 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

1 (15oz) can	Chickpeas (Garbanzo Beans), drained and rinsed
1 (15oz) can	Pumpkin Puree
¼ cup	Maple Syrup
¼ cup	Almond Butter
1 Tbsp	Olive Oil
1½ tsp	Cinnamon
1½ tsp	Vanilla Extract
¾ tsp	Ginger, ground
¼ tsp	Nutmeg
¼ tsp	Kosher Salt
1/8 tsp	Cloves, ground

CHEF'S NOTES

This recipe also works well with cashew butter. You can also swap out the almond butter for sunflower seed butter to make it nut free!

Sliced apples or graham crackers make great dippers with this sweet hummus.

Extra hummus can be stored in an airtight container in the refrigerator for up to 5 days.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a microwavable safe bowl, microwave the drained and rinsed chickpeas until hot (about 1-2 minutes on high). This will result in smoother hummus.
3. In a food processor or blender, combine the chickpeas, pumpkin puree, maple syrup, almond butter, oil, vanilla, and spices. Blend the mixture until smooth, this may take a few minutes. Periodically scrape down the sides of the processor to fully incorporate all ingredients. If the hummus is too thick, add warm water, one tablespoon at a time, until the hummus is smooth and creamy.
4. Transfer to the refrigerator for about 20 minutes prior to serving with your favorite dippers.

Nutrition Facts

14 servings per container

Serving Size 1/4 cup (72 g)

Amount per serving

Calories 90

% Daily Value *

Total Fat 4g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 70mg 3%

Total Carbohydrate 12g 5%

Dietary Fiber 3g 10%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 3g 6%

Vitamin D 0mcg 0%

Calcium 30mg 0%

Iron 1mg 6%

Potassium 200mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

