



Pumpkin Hummus

a recipe from Georgia School Nutrition Division

MAKES: 6 servings

PREP TIME: 10 minutes

CATEGORY: Snack

Ingredients:

- 2 cans Garbanzo beans, drained
- 1 can Pumpkin puree
- ¼ cup Olive Oil
- 1 Tbsp. Lemon Juice
- 2 cloves Garlic
- 1/2 tsp Salt
- 1 tsp Cumin
- ¼ tsp Paprika

Steps:

1. Add all ingredients to the blender and blend until smooth.
2. Serve with your favorite vegetables.

Optional: To garish when serving, add a green vegetable such as a cucumber or celery to be the pumpkin 'stem'. Also, put a toothpick into carrot coins and make a pumpkin patch by placing the carrot coins in the hummus.

TOOLS NEEDED: Blender/food processor, measuring cups, spoons