



# Pumpkin Hummus

a recipe from Georgia School Nutrition Program

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