

# Pumpkin Hummus



1 can chickpeas, drained and rinsed  
1 can white beans, drained and rinsed  
1 cup canned pumpkin puree (no added sugar)  
1/4 cup freshly squeezed lime juice  
1 medium garlic clove

2 Tablespoons tahini  
1 teaspoon ground cumin  
1/2 teaspoon paprika  
1/4 teaspoon ground allspice  
1/2 teaspoon pure maple syrup  
1/3 cup toasted pumpkin seeds

**Instructions:** Add all ingredients except pumpkin seeds to a food processor (starting with 1 tablespoon of tahini). Puree until smooth. Add additional garlic or spices to taste. Add pumpkin seeds and pulse through. Transfer to a dish and serve with whole-grain pita bread.

**Note:** to toast pumpkin seeds, place on a baking sheet lined with parchment paper and bake at 400°F for about 5-7 minutes or until golden brown.

**Yield:** 8 servings

**Nutrition Facts** (*per serving*): 170 calories, 5 grams fat, 250 milligrams sodium, 24 grams carbohydrate, 6 grams fiber, 9 grams protein