

Savory Pumpkin Hummus



Ingredients

- 1 15-ounce can white beans
- $\frac{2}{3}$ cup fresh pumpkin puree
- 3 Tablespoons lemon juice
- 2 Tablespoons tahini
- $\frac{1}{2}$ teaspoon sea salt
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{2}$ teaspoon smoked paprika
- 1 pinch cinnamon
- 1 pinch cayenne pepper
- 2 Tablespoons extra virgin olive oil
- 2 cloves minced garlic
- 3 Tablespoons chopped fresh sage
- 1 11-ounce whole wheat pita bread (optional)
- Fresh vegetables (celery, carrots, cucumber, zucchini, bell pepper, etc. (optional))

Directions

1. Rinse and drain white beans in a colander. Add beans to food processor or blender along with pumpkin, lemon juice, tahini, sea salt, cumin, smoked paprika cinnamon, and cayenne pepper.
2. Heat oil in a small skillet or saucepan over medium heat. Add garlic and sage and sauté for a few minutes to brown slightly. Add sautéed mixture to food processor/blender and pulse to incorporate (you can reserve some for garnish if you'd like).
3. Taste and adjust seasonings as needed.
4. Serve immediately with pita chips and cut vegetables. Alternatively, refrigerate until chilled (about 3-4 hours) for a thicker, creamier dip.