

Pumpkin Hummus

Source: foodfaithfitness.com

Ingredients:

- 1 cup Reduced-sodium Chickpeas, de-skinned (180g)*
- 3/4 cup Canned pumpkin
- 1/4 cup Maple syrup
- 2 tsp Pumpkin pie spice
- 2 tsp Coconut oil, melted

Directions:

1. De-skin the chickpeas: Drain the chickpeas and spread them out on a paper towel. Gently squeeze each chickpea until the thin, papery skin comes off. Repeat with remaining chickpeas
2. Add the chickpeas, pumpkin, maple syrup, pumpkin pie spice and coconut oil into a small food processor and process until smooth. You may need to stop the processor and scrape down the sides every so often to get everything smooth and mixed, depending on how strong your processor is.

Notes:

- Serve with pita chips or sliced apples.

