

Pumpkin Spice Hummus

Servings: 8

Ingredients:

- 1 15-ounce can of chickpeas, drained and rinsed
- 2/3 cup pumpkin puree
- 1 tablespoon olive oil (plus more for drizzling)
- 3 tablespoons fresh lemon juice
- 3 tablespoons water
- 2 tablespoons pure maple syrup
- Pinch cayenne pepper
- 1/2 Kosher salt
- 1/4 teaspoon pumpkin pie spice



Directions:

1. In a food processor, combine the chickpeas with the pumpkin, lemon juice, syrup, cayenne and water; puree until smooth, scrapping down the sides of the processor as needed.
2. Transfer the mixture into a bowl and season with salt and pumpkin pie spice. Serve with crackers, pita chips, or fruits and veggies!

Serving size: 3 tablespoons

Calories: 73	Fat: 2g
Carbohydrates: 12g	Fiber: 2g
Protein: 2g	Sugar: 5g

Image, recipe, and nutrition information source: <https://fixedonfresh.com>