



### **Pumpkin Hummus**

- 2 cups garbanzo beans (canned or prepared)
- 15 ounces pumpkin
- 3 tablespoons lemon juice
- 1/4 cup olive oil
- 1 tablespoon dehydrated, minced onion
- 1 tablespoon garlic powder
- 1/2 teaspoon cumin
- 1/2 teaspoon allspice
- 1 teaspoon sea salt

Place the prepared garbanzo beans into a container and add enough water to cover them. Soak overnight.

Drain the beans, saving one cup of the water. Using a food processor, add the garbanzo beans, 1/2 cup of water and blend until very smooth, stopping to scrape the sides with a plastic spatula to get all of the beans pureed. Add the remaining ingredients and blend. If the mixture is too thick, continue to add some of the water little by little until you get the desired consistency.