

Spicy Sriracha Pumpkin Hummus

Serves 8

Ingredients:

- 15 ounce can garbanzo beans
- 3/4 cup pumpkin puree
- 2 T. fresh lemon juice
- 1 t. extra virgin olive oil
- 1 small garlic clove, minced
- 1 t. cumin
- 1/2 t. chili powder
- 1/4 t. smoked paprika
- 2 t. sriracha
- 1/4-1/2 cup water
- Whole wheat pita bread or vegetables for serving



Directions:

1. In a high speed blender or food processor add all of the ingredients except the water.
2. Turn the blender or food processor on and slowly add in the water until the hummus becomes smooth and creamy.
3. Serve the hummus immediately with whole wheat pita bread or vegetables, or refrigerate until you are ready to use it.