



SNACK
OR
BREAKFAST

PUMPKIN HUMMUS

INGREDIENTS

- 300 g cooked chickpeas
- 1 cup steamed pumpkin
- 1 tsp ground cumin
- 1 tsp Ras El Hanout spices (optional)
- 1 tsp paprika powder
- 1/2 cayenne pepper
- juice of 1/2 lemon
- 2 Tbsp extra virgin olive oil
- salt & pepper to taste

PREPARATION

1. Prepare all the ingredients.
2. Peel the pumpkin and cut in chunks, then put in a steamer for about 10min until very soft.
3. Put all the ingredients in a food processor and blend until creamy and soft.
4. Store in a container with a lid in the fridge and use as a dip or a spread. It will last for a week.