



Pumpkin Hummus

This is a great bean-free way to enjoy hummus and add some extra vitamins and fibre into your diet. Enjoy with cut vegetables or on your favourite sandwich. Make at home and store in a plastic container for your next outdoor adventure.

Ingredients

425g canned pumpkin
1/2 cup tahini
1/4 cup olive oil
1/2 lemon juiced
1/2 tbsp cumin
1/2 tbsp minced garlic
1/2 tbsp dried oregano
1/2 tsp sea salt

Method

Mix all ingredients in a bowl by hand or in a food processor until smooth.