



LOVE
FOOD
hate waste
NEW ZEALAND

DID YOU KNOW

You can eat roasted pumpkin skins. Save time & stop peeling pumpkins.

PUMPKIN HUMMUS

Avoid using plastic and reduce food waste.
lovefoodhatewaste.co.nz



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PUMPKIN HUMMUS

PREP 10 MIN

Suggested ingredients

150g roasted **pumpkin**
400g can **chickpeas**,
drained
3 tbsp **olive oil**
2 tbsp **tahini**
1 **garlic** clove, crushed
juice of 1 **lemon**
salt and freshly ground
black pepper
1 tsp **cumin**
olive oil for drizzling
paprika, to sprinkle

Put the pumpkin, chickpeas, olive oil, tahini, garlic and half the lemon juice into a food processor and blend until it forms a smooth mixture. If you don't have a food processor, you can use a hand blender instead.

If the mixture is too thick, add more lemon juice. Taste and season with cumin, salt and pepper.

To serve, put the hummus into a bowl, drizzle it with a little more olive oil and sprinkle with paprika. Serve with crackers, toasted bread or pita chips.

Tip If you don't have pumpkin you can make the recipe with another leftover roasted vegetable like kumara, beetroot or capsicum.

Recipe courtesy of
Becky Thorn @schoolpudding

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