

Pumpkin & Humus Dip



Ingredients:

- 425 grams boiled pumpkin skinned & mashed
- 440 gram tin of cooked Chickpeas
- 2 tbsp tahini (also called "sesame seed butter/paste")
- 2 tbsp fresh lemon juice
- 1 tsp ground cumin
- 1 tsp olive oil
- salt and pepper to taste
- 1/8 teaspoon crushed red chilli flakes
- 1 large garlic clove

Instructions:

- Combine all ingredients in a food processor and process until smooth.

Makes 16 servings.

Per serving: 50 calories, 7 grams carbohydrate, 2 grams protein, 1.5 grams fat, 2 grams fiber

190mg; Total Carbohydrates 27gm; Dietary Fiber 2 gm; Protein 29gm.