

Pumpkin Hummus with Ghost Tortilla Chips

Prep: 30 min Cook: 10 min Total: 1 hr Servings: 6

Calories: 225 Fat: 10g Protein: 8g Carbs: 28g Fiber: 0g

Ingredients

- 1 15-ounce can chickpeas, drained & rinsed
- 1 15-ounce can pumpkin puree (not pumpkin pie filling)
- 2 cloves garlic, minced or grated
- 1/2 lemon, juiced
- 1/3 cup tahini
- 1 Tbsp pure maple syrup
- 1 tsp kosher salt
- 1 tsp ground cumin
- 3/4 tsp ground cinnamon
- pinch of cayenne pepper
- 1/4 cup BBF Avocado Oil
- 1/4 cup ice water
- for serving, as desired: extra avocado oil, pomegranate arils, toasted pepitas, finely chopped fresh rosemary, sliced apples, sliced carrots, pita chips, root veggie chips
- Shaped Tortilla Chips
- 6 large flour tortillas
- 1/4 cup BBF Avocado Oil or can of BBF Avocado Oil Spray

Directions

1. For Hummus:
2. Prepare the hummus: Add the chickpeas, pumpkin puree, and garlic to the bowl of a food processor, pulsing a few times to break everything up into small pieces. Add in the lemon juice, tahini, maple syrup, kosher salt, cumin, cinnamon, and cayenne pepper. Turn the processor on. With the food processor running, slowly stream in the olive oil, then allow the processor to run for a good 2-3 minutes. The hummus will break down into a creamy mixture with some fine pieces, but it should definitely look like a chunkier hummus at this point! With the processor running, slowly add the ice water, 1 tablespoon at a time. This is when the hummus will begin to really smooth out. Add more/less water until the desired texture is reached.

3. Serve the pumpkin hummus in a bowl topped with an extra drizzle of avocado oil, a sprinkle of finely chopped fresh rosemary or pomegranate arils. Serve with pita chips, sliced apples, or root veggie chips. Enjoy!

4. For Tortilla Chips:

5. Preheat the oven to 375 degrees. Cut tortillas into fun shapes. Brush the bottom of a sheet tray with avocado oil or spray with avocado oil. Place tortilla cut-outs on the tray and brush tops with avocado oil or lightly spray. Place in the oven to bake for about 10 minutes or until they are lightly browned on the edges. You may need to flip tortillas over halfway through cooking time if they are still soft on the bottom.

6. Enjoy your Pumpkin Hummus with Ghost Tortilla Chips!