

Squash Hummus!

Makes 16 servings

INGREDIENTS:

2 tablespoons lemon juice	1 ½ cups baked pumpkin or winter squash
2 tablespoons tahini	1 teaspoon ground cumin
1-3 cloves garlic (depending on taste)	
¾ teaspoon salt	
2 (15 ounce) cans garbanzo beans, drained OR 1 can garbanzo beans and 1 ½ cups cooked lentils	
2 teaspoons extra-virgin olive oil	

Directions:

Pulse lemon juice, tahini, garlic, and salt together in a food processor or blender until smooth. Add garbanzo beans and olive oil and pulse until smooth. Add squash, cumin, and cayenne pepper; process until well blended. Transfer hummus to a container with a lid and refrigerate at least 2 hours.

