

 cooking local with
napalocalfood.com

SERVES

7

PREP

10
min

Ingredients

Dip:

- 1 15-oz can white beans
- 2/3 C pureed (unsweetend) pumpkin
- 2 tbsp lemon juice
- 2 tbsp tahini
- 1/2 tsp sea salt
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- 1 pinch of paprika, nutmeg, cinnamon, and cayenne pepper (optional)

Sage & Garlic:

- 1-2 tbsp olive oil
- 2 cloves garlic, minced
- 2 tbsp chopped fresh sage

- 3** Taste and adjust seasonings as needed, adding more salt for saltiness, lemon for acidity, cinnamon for warmth, cumin or paprika for smokiness, tahini for nuttiness, olive oil (or water) for creaminess, or cayenne for heat.



White Bean Pumpkin Hummus

V GF

- 1** Rinse and drain white beans in a fine mesh strainer. Then add to a food processor or blender along with pumpkin, lemon juice, tahini, sea salt, cumin, smoked paprika, nutmeg, cinnamon, and cayenne (optional). Purée until creamy and smooth, scraping down sides as needed.
- 2** Heat oil in a small skillet or saucepan over medium heat. Add garlic and sage and sauté for a few minutes to brown slightly (this allows the flavor to deepen). Then add both to food processor and pulse to incorporate (you can reserve some for garnish if desired).
- 4** Serve immediately with pita chips and vegetables of choice. Alternatively, refrigerate until chilled - about 3-4 hours - for a thicker, creamier dip.



Recipe courtesy of Minimalist Baker