

Pumpkin Humus

Pumpkin humus is a great seasonal holiday healthy snack.

3-6 cloves of garlic

1/2 Cup fresh cilantro
chopped

1/4 Cup fresh lime juice

1/4 Cup tahini

2 T. olive oil

1 15 oz. can pumpkin puree

Put garlic cloves into a food processor to chop fine. Add the remaining ingredients

Pumpkin Humus (cont'd)...

except the pumpkin seeds and blend until smooth. Transfer to a bowl, cover and refrigerate overnight. Garnish with pumpkin seeds before serving. Serve with vegetables, crackers, or plain tortilla chips. Makes about 2 1/2 Cups.

Like this recipe? There's more where that came from and fantastic wellness tips in the book. Scan QR code below to buy it or visit universalhealthnw.com.

