

White Bean Pumpkin Hummus



Makes 7 servings

Total time: 10 minutes

Ingredients

- 1 15-ounce can white beans
- 2/3 cup pureed (unsweetened) pumpkin (fresh roasted or canned // if using canned, we prefer Libby's brand for a deep orange color and rich flavor)
- 2 Tbsp lemon juice
- 2 Tbsp *tahini*
- 1/2 tsp sea salt (plus more to taste)
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- 1 Pinch nutmeg
- 1 Pinch cinnamon
- 1 Pinch cayenne pepper (*optional*)

Sage & Garlic

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

Preparation

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.

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).

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.

Serve immediately with pita chips and vegetables of choice (see notes for pita chips). Alternatively, refrigerate until chilled - about 3-4 hours - for a thicker, creamier dip. Store leftovers covered in the refrigerator up to 5-7 days.

By <https://minimalistbaker.com/white-bean-pumpkin-hummus/>