

Spicy Pumpkin Hummus

- 2 cups cooked chickpeas
- 2 garlic cloves
- 1/4 cup water
- 1/4 cup lemon juice
- 1/4 cup (or less) olive oil
- 1/2 cup unsweetened pumpkin
- 1 tsp cumin
- 1/2 tsp. cayenne

Process until smooth.

