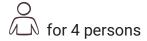
PUMPKIN HUMMUS







Ingredients:

250 of organic pumpkin

170 g of organic chickpeas

2 cloves of garlic

1 organic lemon (lemon juice)

1 or 2 tablespoons of tahini soup

Organic sesame oil

Organic pumpkin seed oil

Salt, pepper

A few pumpkin seeds.

Optional: chopped chives and a pinch of paprika

Instructions:

- 1. Cut the pumpkin into quarters, peel it and cut it into medium sized pieces.
- 2. Cook for 20 minutes in a pan of salted boiling water.
- 3. Drain the pieces of pumpkin.
- **4.** In the bowl of a blender, put 170g of drained chickpeas and the pieces of pumpkin and blend until obtaining a smooth texture.
- **5.** Add the degerm garlic cloves and a tablespoon of tahini soup.
- **6.** Add a juice of lemon and a drizzle of sesame oil. Season with salt and pepper.
- 7. Transfer to a bowl, add a drizzle of pumpkin oil and a few pumpkin seeds, enjoy.

