


PUMPKIN HUMMUS

 for 4 persons

 15 mn

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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.

