

Pumpkin Spice Hummus

Indulge in this creamy Pumpkin Spice Hummus, a delightful twist on the classic dip. With roasted pumpkin, tahini, and warm spices, it's a perfect autumn appetizer served with crunchy pita chips or fresh vegetable sticks.


15 min

Total time

easy

Difficulty

300

kcal / serving

Ingredients

- 1/2 cup roasted pumpkin puree
- 1/4 cup tahini
- 1 tablespoon olive oil
- 1 tablespoon maple syrup
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- Salt to taste
- Pita chips or vegetable sticks for serving

Steps

- 1 In a blender or food processor, combine the roasted pumpkin puree, tahini, olive oil, and maple syrup.
- 2 Add the ground cinnamon, nutmeg, ginger, and a pinch of salt.
- 3 Blend until smooth and creamy, adding a splash of water if needed to reach your desired consistency.
- 4 Taste and adjust seasoning if necessary.
- 5 Transfer to a serving bowl and drizzle with additional olive oil.
- 6 Serve with pita chips or fresh vegetable sticks.