



Spiced Pumpkin Hummus with Pita Chips

A fall spin on a healthy snack that is perfect for the holidays. Try serving with toasted pumpkin seeds or 1 tsp of honey drizzled on top for some added sweetness. You can also try swapping out the pumpkin for pureed sweet potato!

U.S.

Hummus:

1 (15 oz) can	Chickpeas, drained, rinsed
3/4 cup	Pumpkin Puree, canned
1 tsp	Lemon, juiced
1/4 cup	Olive Oil
1 Tbsp	Honey
1 tsp	Cinnamon, ground
1 tsp	Nutmeg, ground
1/4 tsp	Allspice
1/8 tsp	Salt, Kosher

Pita Chips:

12 each	Pita Bread, Whole Wheat
1 Tbsp	Olive Oil
1/2 tsp	Cinnamon, ground
1/8 tsp	Allspice, ground
1/8 tsp	Salt, Kosher

Metric

254 g
185 g
5 mL
60 mL
15 mL
2.5 g
2 g
1 g
0.75 g

12 each
15 mL
1.3 g
0.3 g
0.75 g

Preparation:

For the Hummus:

1. Gather all ingredients and equipment.
2. Microwave chickpeas until warm and steaming, about 1 or 2 minutes.
3. Blend all ingredients in a food processor or blender until smooth.
4. Refrigerate after making.

For the Pita Chips:

1. Preheat oven to 400°F (200°C).
2. Cut the pitas into 8 slices and place in a medium or large bowl.
3. Place the pita chips and oil in a medium size bowl and toss until pitas are very lightly coated in oil.
4. Add the seasonings to the bowl and toss.
5. Spread pitas evenly on a sheet pan lined with parchment paper or foil. Try to avoid overlapping the chips.
6. Bake for 5-8 minutes or until the chips begin to turn light brown. Remove from oven and allow to cool before eating.

****Nutrition Facts on Reverse**

Nutrition Facts

8 Servings

Serving size **1/4 cup, 12 pita chips (106g)**

Amount per serving

Calories **250**

Calories from Fat 100

Total Fat 11 g

 Saturated Fat 1.5 g

 Trans Fat 0 g

 Monounsaturated Fat 6 g

Cholesterol 0 mg

Sodium 160 mg

Total Carbohydrate 34 g

 Dietary Fiber 2 g

 Total Sugars 2 g

 Includes 2g Added Sugars

Protein 7 g

Vitamin D 0 %

Calcium 4 %

Iron 6 %

Potassium 6 mg

Phosphorus 26 mg
