

Cinderella Hummus

Prep Time 5 mins
Total Time 20 mins
Meal Type Lunch,Dinner,Snack,Side
Contributed By

LivingPlateRx

Source [Living Plate](#)

Servings 8



Ingredients

lb,c g,ml

- 1/2 Lemon, *Juiced and Zested*
- 2 Tbs Tahini
- 1 Clove Garlic, *crushed*
- 1 1/2 cup White Beans, *Drained and Rinsed*
- 2 Tbs Olive Oil
- 1 1/2 cup Pumpkin Puree
- 1/2 tsp Cayenne Pepper
- 1/2 tsp Salt
- 1 tsp Sage, fresh, *Chopped*
- 1 red pepper, *chopped*
- 2 Tbs Pumpkin Seeds, *Toasted*

Directions

Prep

1. Zest and juice lemon.
2. Drain and rinse beans.

Make

1. Place the lemon juice, lemon zest, tahini, garlic, white beans, olive oil, pumpkin puree, cayenne pepper, salt, and sage in a food processor. Pulse until smooth adding some water to thin if necessary.
2. Transfer to a bowl and allow to sit for 15 minutes before garnishing with pumpkin seeds and serving.
3. Serve with raw vegetables.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	136	Total Fat 5.9g	9%	Total Carbohydrates 17g	5%
		Saturated Fat 0.9g	4%	Dietary Fiber 4g	17%
		Trans Fat 0.0g		Total Sugars 2g	
		Cholesterol 0mg	0%	Protein 5g	
		Sodium 317mg	13%		
		Vitamin D 0mcg 0% · Calcium 59mg 5% · Iron 2mg 13% · Potassium 491mg 8%			

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* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.