

# Pumpkin Hommous

## Ingredients:

150 g pumpkin

2 cups cooked or canned low- or no-salt chick peas (if using home-cooked, retain cooking liquid; if using canned, retain canning liquid)

2 tbsp tahini

1-3 cloves garlic, to taste

1 tsp cumin

1 tsp allspice

juice of 1-2 lemons, to taste

## Method:

Preheat oven to 180°C. Line a baking tray with baking paper.

Cut unpeeled pumpkin into wedges, place on prepared baking tray and bake for 20 minutes or until pumpkin is very tender and just beginning to brown on top.

Allow pumpkin to cool, then scoop out pumpkin flesh and place with all ingredients in food processor or high-powered blender. Blend until very smooth, adding chick pea cooking or canning liquid as required to reach desired consistency.