



Pumpkin Pie Bean Dip

SERVINGS: 6

PREPPING TIME: 5 MIN

COOKING TIME: 20 MIN

Ingredients

- 1/2 lemon, juiced and zested
- 2 Tbs tahini
- 1 clove garlic, crushed
- 1 1/2 cups white beans, drained and rinsed
- 2 Tbs olive oil
- 1 1/2 cups pumpkin purée
- 1/4 tsp cayenne pepper
- 1/2 tsp salt
- 1 tsp sage, fresh, chopped
- 2 Tbs pumpkin seeds

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.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories 173 per serving		Total Fat 7.8g	12%	Total Carbohydrates 21g	7%
		Saturated Fat 1.2g	5%	Dietary Fiber 5g	21%
		Trans Fat 0.0g		Total Sugars 2g	
		Cholesterol 0mg	0%	Protein 7g	
		Sodium 422mg	18%		
		Vitamin D 0mcg 0% · Calcium 75mg 7% · Iron 3mg 17% · Potassium 468mg 9%			

* 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.