

Spicy Squash Hummus

PREP TIME: 35-40 mins

TOTAL TIME: 45 mins

Servings: 4-6

Ingredients

- 1 can organic chick peas
- 1 cup cooked squash (we used butternut squash)
- 1/4 cup tahini paste
- 2 Tbsp extra virgin olive oil + 1 tsp drizzled on top
- 1 Tbsp sriracha sauce + 1 tsp drizzled on top
- 2 cloves garlic, chopped
- 1/2 tsp ground cumin
- 1/4 tsp salt

1. Preheat oven to 350 degrees. Cut butternut squash in half, lengthwise then place on a parchment lined baking sheet and roast for 35-40 minutes or until inside is soft. Scoop out the inside of the squash and place in a bowl to the side to cool to room temperature.

2. Combine chick peas, 1 cup cooled squash, tahini, olive oil, sriracha, garlic, cumin, and salt in a blender and process on high until a smooth hummus is formed. Scoop out hummus into a bowl or platter and drizzle with additional olive oil and sriracha.

