

Roasted Butternut Squash Hummus

Ingredients

- 1½ cups roasted butternut squash
- 1½ tbsp olive oil + 1 tsp olive oil
- 1½ cups cooked chickpeas
- 2 tbsp tahini
- 2 garlic cloves, minced
- 2 tbsp lemon juice
- 3.5 tbsp water
- ½ tsp sea salt
- ¼ tsp smoked paprika
- 1/16 tsp cumin
- Freshly ground pepper

Prep Time

15 minutes

Cook Time

30 minutes

Serves

4

Procedure

1. Preheat oven to 425°C.
2. Cut butternut squash in half and scoop out seeds.
3. Rub 1 tsp of olive oil over insides of butternut squash.
4. Place olive oil side down on baking sheet and roast for 30 minutes.
5. Remove from oven and let cool.
6. Once cooled, scoop out 1½ cups worth.
7. Add butternut squash, 1 ½ tbsp olive oil, chickpeas, tahini, garlic, lemon, and water to a food processor and process until smooth.
8. Add spices and blend.



Abby Stewart, Olivia Mergl, Hailey Shae, Madison Spur