

## White Bean Pumpkin Dip

Try this autumn twist on hummus that is made savory with creamy white beans, pumpkin, and sage – who said pumpkin could only be used in dessert dishes? This recipe only takes 10 minutes to make and is a perfect to serve as a game-day or holiday appetizer this fall.

**Prep time:** 10 minutes

**Serves:** 4

### Ingredients

- 1 (15-ounce) can white beans, drained and rinsed
- ½ (15-ounce) can pumpkin puree
- ½ lemon, zested then juiced
- 2-4 tablespoons extra virgin olive oil
- 2 tablespoons sesame tahini
- 1 clove garlic, peeled
- 1 teaspoon fresh chopped sage or ½ teaspoon dried sage
- ½ teaspoon cayenne pepper
- ½ teaspoon salt
- 2 tablespoons toasted pumpkin seeds

### Make

1. Place the white beans, pumpkin puree, lemon zest, lemon juice, 2 tablespoons olive oil, tahini, garlic, sage, cayenne, and salt in a food processor. Pulse until smooth. Add an additional 1-2 tablespoons of olive oil if a creamier texture is desired.
2. Transfer to a serving bowl and garnish with toasted pumpkin seeds and a drizzle of olive oil.

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