Rosemary Pumpkin Hummus

Yield: 6 servings  
Total Time: 10 minutes

Ingredients
1 can low-sodium chickpeas  
½ teaspoon fresh rosemary or scant ¼ teaspoon dried rosemary  
2 Tablespoons olive oil  
2 Tablespoons water  
¼ teaspoon garlic powder  
2/3 cup pumpkin puree  
1 Tablespoon maple syrup or honey  
1/8 teaspoon salt  
1/8 teaspoon ground black pepper

Preparation Instructions
1. Drain and rinse chickpeas.  
2. Finely chop the rosemary.  
3. Add all ingredients to a blender or food processor and process until smooth.  
   Add more oil or water as needed.

Nutrition Analysis
Per Serving: 120 calories; 6g fat (1g saturated, 0g trans); 0mg cholesterol; 140mg sodium; 14g carbohydrate (4g dietary fiber; 5g sugar, including 2g added sugars); 4g protein. Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 4% Daily Value.

Cost
Per serving: $0.34

Recipe adapted from www.pinchofyum.com