



## **Pumpkin Hummus with Maple Drizzle**

*Use pecan infused maple syrup and whipped chickpea liquid*

- 1 (15 oz.) can chickpeas, drained liquid
  - Save the (aquafaba) liquid from chickpeas
- 1/8 teaspoon cream of tartar
- 1 (15 oz.) can pure pumpkin
- 1/2 Tablespoon lemon juice
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1/2 teaspoon ground cumin
- 1 teaspoon brown sugar or maple syrup
- 1/4 cup water, divided
- 1/4 cup olive oil or as needed
- Salt and ground black pepper to taste
- 2 Tablespoons chopped pecans
- 2 to 3 Tablespoons pecan infused maple syrup

Strain aquafaba liquid from chickpeas; place the aquafaba in food processor. Beat at high speed until foamy; add cream of tartar; continue beating for about 5 to 10 minutes or fluffy white peaks form. Set aside.

In a food processor, puree chickpeas, pumpkin, lemon juice, cinnamon, nutmeg, cumin, brown sugar, and 2 Tablespoons water. Slowly add olive oil while beating. Add remaining water until mixture is well mixed. Season to taste with salt and black pepper. Add more olive oil to create a smoother texture. Process until combined. For lighter texture, fold some of the whipped chickpea liquid into the hummus before serving.

For a sweet touch: In a small bowl, stir chopped pecans and maple syrup together; drizzle over hummus before serving.

Yield: about 4 cups

**Cook's Note:** Adjust the spice seasoning to taste. We usually double the spices as well as the brown sugar. Do not add all the whipped chickpea liquid (aquafaba); store the remainder in the refrigerator for another use. We enjoy using different flavored infused maple syrups as toppings. A pecan brandy or light smoky pecan adds an outdoor flavor.

**About the Recipe:** Sweet spiced pumpkin hummus is a popular appetizer to serve often throughout the year. Folding in a little aquafaba right before serving creates a lighter hummus. Drizzle the top with your favorite infused maple syrup.