

Pumpkin hummus

Total time **15 mins 15 mins** preparation time

Nutritional facts (per portion):

728 kJ / 306 kcal

INGREDIENTS

4 portion(s)

250 g cooked chickpeas

50 g tahini

70 g pumpkin purée **1** clove of garlic

10 g olive oil

the juice of half a large

lemon

100 ml cold water

1.5 tbsp Kikkoman Naturally

Brewed Soy Sauce

To Serve:

4 carrots, cut into sticks

100 g croutons

1 tbsp sunflower seeds

1 tbsp parsley

PREPARATION

Step 1

Put the rinsed chickpeas into a food processor. Add pumpkin purée, tahini, garlic, soy sauce and all liquid ingredients and mix together until smooth.

Step 2

Put it on a plate, sprinkle with olive oil, sprinkle it also with a little sunflower seeds and parsley. Serve with carrots and croutons.