

## Whipped Pumpkin Seed & Spinach Hummus

*Makes 2-1/2 to 3 cups*

### Ingredients

1/4 cup sprouted pumpkin seed butter  
2-1/2 cups cooked chickpeas, drained/rinsed  
1 cup tightly packed baby spinach  
¼ cup lemon juice  
1/3 cup water  
1 clove garlic, peeled  
2 tsp. ground cumin  
1 tsp. smoked paprika  
Freshly ground black pepper, to taste

### Directions

In a food processor, pulse garlic until finely chopped. Add remaining ingredients, except spinach and water, and puree until smooth.

Add spinach. With food processor running, drizzle in water. Puree hummus for one minute until creamy.

Transfer to bowl and refrigerate before serving. Store in refrigerator for up to a week.