Thanksgiving Appetizer: Pumpkin White Bean Dip:

Serves 4

Prep: 5 mins. | Total: 20 mins.

Ingredients

- 1/2 lemon, Juiced and Zested
- 2 Tbs tahini
- 1 clove garlic, crushed
- 1 1/2 cup white beans, drained & rinsed
- 2 Tbs olive oil
- 1 1/2 cup pumpkin purée
- 1/2 tsp cayenne Pepper
- 1/2 tsp salt
- 1 tsp sage, fresh, chopped
- 1 red pepper, chopped
- 2 Tbs pumpkin seeds, toasted



Directions

1. Place lemon juice, lemon zest, tahini, garlic, white beans, olive oil, pumpkin puree, cayenne pepper, salt, and sage in a food processor. Pulse until smooth adding water to thin if necessary.
2. Transfer to a bowl and allow to sit for 15 minutes before garnishing with pumpkin seeds and serving.

Use It:

- This makes a great dip for raw vegetables and seedy crackers
- Spread it on a tortilla and fill with your favorite protein and vegetables

