



Butternut Squash Hummus

6 servings
20 minutes

Ingredients

2 cups Butternut Squash (peeled and diced into 1-inch cubes)
2 tbsps Tahini
2 tbsps Lemon Juice
1/2 tsp Sea Salt
1/4 cup Extra Virgin Olive Oil
200 grams Seed Crackers

Nutrition

Amount per serving	
Calories	280
Fat	17g
Carbs	28g
Fiber	7g
Sugar	2g
Protein	5g
Cholesterol	0mg
Sodium	400mg
Vitamin A	4964IU
Vitamin C	12mg
Calcium	118mg
Iron	2mg
Selenium	9µg

Directions

- 1 Steam the butternut squash in a steaming basket for 6 to 8 minutes, or until it is tender when pierced with a fork.
- 2 Add steamed squash to a blender or food processor along with the tahini, lemon juice and sea salt. Drizzle in the extra virgin olive oil and process until smooth and creamy.
- 3 Transfer the hummus to a bowl and refrigerate until ready to eat. Serve with crackers. Enjoy!

Notes

Leftovers: Keeps well in a sealed container in the fridge for 5 to 6 days.

No Butternut Squash: Use acorn squash or another type of squash instead.

More Flavour: Play around with adding garlic or herbs. You can also roast the squash for a deeper flavour.

Garnish With: Sesame seeds or hemp seeds.

Save Time: Buy pre-sliced butternut squash from the produce section or frozen aisle.