



Butternut Squash Hummus - Allons-y!

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
7 1/16 ozs Seed Crackers

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.