

BUTTERNUT SQUASH HUMMUS MADE WITH CAMPBELL'S® SIGNATURE HARVEST BUTTERNUT SQUASH



Total Time
10 MIN.

Serving & Size
2 TBSP (#30 SCOOP)


Difficulty
EASY

An easy to prepare, creamy Butternut Squash Hummus made with Campbell's® Signature Harvest Butternut Squash Soup.

Yields
16


Nutrition Facts	
Serving Size	2 TBSP (#30 SCOOP)
Amount Per Serving	
Calories 56	
	% Daily Value
Total Fat 1.8g	3%
Saturated Fat 0.3g	2%
Cholesterol 0mg	0%
Sodium 91mg	4%
Total Carbohydrate 8g	3%
Dietary Fiber 2.1g	8%
Protein 2.4g	5%
Vitamin A 1%	Vitamin C 1%
Calcium 2%	Iron 3%

INGREDIENTS	WEIGHT	MEASURE
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	Campbell's® Signature Harvest Butternut Squash Soup	2 oz.	1/4 cups
	chickpeas (garbanzo beans)	1 lb.	3 cups
	tahini paste		2 tbsp.
	garlic		1 tbsp.
	lemon juice		2 tbsp.
	honey		1 tsp.
	paprika		1 tsp.
	salt		1 dashes
	pepper		1 dashes

INSTRUCTIONS

Combine all ingredients in a food processor. Blend until smooth. CCP: Hold under refrigeration at 41 degrees F or lower until served. Portion size = 2 tbsp (#30 scoop)

 **TIP**

Serve with Naan bread and/or assorted cut vegetables.

Garnish with parsley if desired.