



Roasted Butternut Squash Hummus



For me, food is joy. Goodness Grazers carefully source top of the line, quality produce from the local Bath region, to bring you a unique grazing experience! Roasted butternut squash is one of my favourite foods. I'm originally from South Africa, where butternuts are sun ripened and gorgeous... and hummus is another of my favourite foods. So a roasted butternut squash hummus is literally heaven for me!

This vegan and gluten free hummus makes a fabulous dip for flat breads and fresh raw veggies, or use it as a healthy spread. It's creamy, hearty, satisfying, healthy, veggie packed and deliciously textured. It's best when fresh, but will last a few days when kept covered in the refrigerator.

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Ingredients

- 1 medium butternut squash
- 1 tbsp sesame oil
- Sprinkle sea salt
- Sprinkle black pepper
- 1 425g can of chickpeas (drained)
- 2 tbsp tahini
- 1 clove garlic (crushed)
- 1 tbsp sesame seeds (plus more for sprinkling)
- Sea salt and black pepper to taste

Method

1. Preheat the oven to 200°C.
2. Slice the butternut (I like to leave the peel on, but that's optional!). Place the butternut slices onto a lined baking tray. Brush with sesame oil and sprinkle with sea salt and black pepper.
3. Place into the oven and bake for around 30-35 minutes until soft and cooked.
4. When the butternut is cooked, remove from the oven and allow to cool for a few minutes.
5. Add the butternut to a food processor along with the chickpeas, tahini, garlic and sesame seeds and process until smooth.
6. Add salt and black pepper to taste.
7. Serve with flat breads or raw veggies – or eat it straight (or maybe that's just me?!)