



cara price

PUMPKIN DIP

INGREDIENTS

1 cup raw cashews
1 can pumpkin puree
1/2 cup maple syrup
2 teaspoons cinnamon
1 teaspoon vanilla
1/2 teaspoon nutmeg

optional: pumpkin seeds for garnish

DIRECTIONS

soak the cashews in very hot water for at least 30 minutes.

drain the cashews & then place ingredients in a high speed blender in the following order:

cashews, maple syrup, vanilla, pumpkin puree, cinnamon & nutmeg.

blend on high for 45-60 seconds, until completely creamy, scraping the sides of the jar as necessary.

refrigerate dip for at least 1 hour before serving. will keep up to 5 day which makes this a perfect make ahead recipe!

to serve, place into a bowl & garnish with pumpkin seeds. serve with sliced apples, gluten free pretzel chips or gluten free graham crackers!