



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Pumpkin Pie Dip

Serves 8

Ingredients:

1 15-oz canned chickpeas (drained and rinsed well)
1 15-oz canned pureed pumpkin
½ cup creamy cashew butter (or almond butter)
¼ cup maple syrup
1 TBSP pumpkin pie spice
1 TBSP vanilla extract
1/8 tsp salt
Optional: sliced apples and graham crackers for dipping



Directions:

1. Combine all ingredients in the food processor.
2. Blend for 1 minute. Scrape down sides of food processor and blend for an additional minute or until smooth.
3. Serve with apple slices and graham crackers.

Nutrition Tips:

1. Consider this a “dessert hummus” if you will – naturally sweet, paired with sliced fruit and graham crackers. Bonus, the chickpeas are an excellent source of plant-based protein and fiber.
2. This hummus recipe takes 5 minutes to make and can be a great snack, appetizer, or even dessert!

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.