

PUMPKIN PIE DESSERT HUMMUS



INGREDIENTS

15 oz. can organic chickpeas, drained and rinsed

15 oz. can organic pumpkin

10 Medjool dates, seeds removed

1/2 cup plant-based milk of choice

1/4 cup [So Delicious creamer](#) (I used vanilla)

1 Tbs. pumpkin pie spice (That is NOT a typo, I like LOTS of spice)

2 tsp. alcohol-free vanilla

2 [SweetLeaf stevia](#) packets

Put all of the ingredients into the food processor (a high-speed blender will probably work, but I haven't tried it) and pulse a few times to incorporate. Process for 1-2 minutes and stop to scrape down the sides. Repeat until extremely smooth.

Keep in the refrigerator.