

Pumpkin Chickpea Dip

2 cups	Chickpeas cooked/canned
1 ½ cups	Pumpkin, canned
¼ cup	Butter, softened
2 tbsp.	Oil (I used grape seed oil)
3 tbsp.	Honey
1 tsp.	Vanilla
3 ½ tsp.	Cinnamon
1/8 tsp.	Nutmeg
1/8 tsp.	Cloves
¾ tsp.	Ginger
½ tsp.	Salt

Puree together.

PS

I finagled with this recipe. You may have to add more cinnamon. I noticed after I made the dip and left in fridge for a couple of days, the flavours melded together better.

Double Chocolate Dip (Chickpea)

1 cup	Chickpeas cooked/canned
2 ½ tbsp.	Peanut butter (or Wow butter)
1 tbsp.	Honey
2 tsp.	Vanilla
1-1 ½ tbsp.	Unsweetened cocoa powder
1-2 tbsp.	Chilled coconut milk
1-2 tbsp.	Dark chocolate chips

Puree chickpeas, peanut butter, honey vanilla.

Add cocoa powder

Add coconut milk (I use Thai brand)

Chocolate chips can be folded in at the end or added with the coconut milk. I added with the coconut milk which chopped up the chips and spread them around a bit more.

PS

I added cocoa powder and coconut milk to original recipe so you may have to play around with these ingredients to get the right consistency.