

# Pumpkin Pie Dip Recipe



**PREP TIME:**  
1 MINUTE

**BLEND TIME:**  
9 MINUTES

**TOTAL TIME:**  
10 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 12 Servings

## Ingredients:

- 15 oz. Canned Pumpkin Puree
- 1 Teaspoon Pure Vanilla Extract
- ¼ Cup Monkfruit Sweetener
- ½ Cup Coconut Sugar
- ¾ Teaspoon Pumpkin Pie Spice
- ¼ Teaspoon Cinnamon
- 6 oz. Unsweetened Coconut Yogurt (Recommend Coco June brand) – thawed out
- 9 oz. Coconut Whipped Cream (Recommend So Delicious brand)
- 5 Honey Crisp Apples Sliced

## Instructions:

1. In a small food processor, add the pumpkin puree, vanilla, both sweeteners, spices, and coconut yogurt.
2. Blend until combined and smooth.
3. Add the thawed-out Coco Whip to the food processor and pulse a few times until blended in.
4. Transfer to a serving bowl and refrigerate at least 4 hours before serving.
5. **Notes:** Can make the day before serving and will stay fresh up to 4 days in the refrigerator. Recommend serving with organic sliced apples.

**\*Try and use all organic ingredients if possible.**

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