

A whole pumpkin is on the left side of the image, and a wedge of pumpkin is in the foreground, showing its orange flesh and dark skin. The background is white.

Pumpkin Peanut Butter Dip

I ILLINOIS

Extension

COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES

- 1 Cup 100% natural pumpkin
- 1 Cup natural peanut butter
- 2-4 Tbs. brown sugar
- 3 Tbs. ground cinnamon
- 1/2 tsp. vanilla
- 1/4 tsp. ground ginger*
- 1/4 tsp. ground nutmeg*
- 1/8 tsp. ground all spice*
- 1/8 tsp. ground cloves*

Mix** together until the ingredients blend evenly.
Cover and refrigerate for at least 3 hours.
Serve with sliced apples or celery.

**Adjust spices to personal tastes.*

***Tip: Natural peanut butter will mix
easier when heated in the microwave
in a microwave-safe dish for 30
seconds.*