

Creamy Fruit Dip (Adapted from Rachel Ray)

Ingredients:

- 1 cup plain Greek yogurt
- 2 T chopped fresh mint
- 1 tablespoon chopped cilantro
- 1 tablespoon orange juice plus 1/8 t zest
- Salt and pepper

Directions:

1. In a bowl, mix yogurt, mint, cilantro, juice and zest. ¼ t salt and 1/8 t. pepper.
2. Serve with sliced apples, pear and pineapple (or use and a vegetable dip or a sandwich spread)

Savory Pumpkin Hummus

Ingredients:

- 15 oz can chickpeas, drained and rinsed
- 1 cup pumpkin puree
- 2 tablespoons lemon juice
- 2 tablespoons tahini
- 3 cloves garlic
- ¾ teaspoon salt
- 2 teaspoons olive oil
- 1 teaspoon ground cumin
- ½ teaspoon cayenne pepper
- ¼ cup toasted pumpkin seeds or more to taste
- 1 pinch paprika