

Snickerdoodle Dip

This is a rich and creamy dessert dip is perfect for satisfying your sweet tooth while including more fiber and plant-based protein into your snack game!

YIELD	PREP TIME	TOTAL TIME
10 SERVINGS	5 MIN	5 MIN

INGREDIENTS

1 (15oz) can Navy Beans, drained and rinsed
2 Tbsp Quick Oats
¼ cup Maple Syrup
¼ cup Sunflower Seed Butter, creamy, no sugar added
2 tsp Vanilla Extract
2 tsp Cinnamon, ground
¼ tsp Kosher Salt

For Serving:

2 each Apples, cored and thinly sliced

CHEF'S NOTES

Sliced apples or graham crackers make great dippers with this sweet treat. It can also be used as a tasty, fiber and protein-rich spread on toast!

You can use any bean or legume to make this hearty dip! We like white beans in this dessert version for their mild taste and creamy texture. You can use other nut butters like almond, cashew, or peanut butter for a different flavor. We like sunflower or cashew butter for their mild flavors which complement the remaining ingredients.

Extra dip can be stored in an airtight container in the refrigerator for up to 5 days.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a food processor or blender, blend the oats to form a coarse flour.
3. Add the beans, maple syrup, nut butter, vanilla, cinnamon, and salt, and blend the mixture until smooth. If the hummus is too thick, add warm water, one tablespoon at a time, until the dip is smooth and creamy.
4. To prevent a skin from forming on the top of the dip as it cools, press a piece of parchment paper or plastic wrap on the surface of the dip. Store the dip in the refrigerator for at least 30 minutes to chill. The dip is ready to eat as is but will have a better texture and flavor if allowed to cool before eating.

Nutrition Facts

10 servings per container

Serving size 2 Tbsp & ~1/4 apple (99g)

Amount Per Serving

Calories **120**

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 115mg **5%**

Total Carbohydrate 19g **7%**

Dietary Fiber 4g **14%**

Total Sugars 9g

Includes 5g Added Sugars **10%**

Protein 4g **8%**

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 1.3mg 8%

Potassium 230mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



goldringcenter.tulane.edu



@culinarymedicine



Goldring Center for Culinary Medicine

