

Whipped Pumpkin Feta Dip

INGREDIENTS

For the dip:

- 8 oz block feta, drained and patted dry
- 1/2 cup pumpkin purée (the sweet spot for texture + flavor + visuals)
- 2 tbsp Greek yogurt
- 2 tbsp cream cheese, softened
- 1-2 tbs heavy whipping cream
- 2 tbsp olive oil
- 1-2 tbsp maple syrup, to taste
- 1-2 tsp lemon juice or splash of apple cider vinegar
- 1/2 tsp cinnamon
- 1/8 tsp nutmeg (optional)
- 1/4 tsp smoked paprika (optional, adds beautiful contrast + depth)
- ¼-½ tsp salt (start low; feta varies)
- Black pepper

For topping:

- Olive oil drizzle
- Honey or maple drizzle
- Toasted pepitas (crucial for color + crunch)
- Crushed walnuts or pecans (optional)
- Pinch cinnamon or smoked paprika
- Crispy sage or thyme leaves (optional)

DIRECTIONS

1. Blend the dip: Add feta, pumpkin purée, Greek yogurt, cream cheese, maple syrup, olive oil, lemon juice, and spices to a food processor. Blend until whipped and smooth. Adjust thickness with a little oil/yogurt and add lemon for brightness.
2. Plate + top: Swoop the dip into a shallow bowl. Drizzle olive oil, add a touch of honey or maple, sprinkle toasted pepitas (and optional nuts), and finish with smoked paprika/cinnamon and crispy sage or thyme.
3. Serve: Pair with warm pita/naan, crostini, pretzel crisps, apple slices, crackers, or veggies.