

# Sweet and Creamy Pumpkin Dip (IST)

Makes: 30 2-ounce servings

Time: 25 minutes



## Ingredients:

- (2) 15-ounce cans pumpkin puree
- 2 cups plain, low fat yogurt
- 2 teaspoons honey
- ½ teaspoon vanilla
- 3 teaspoons ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- ¼ teaspoon ground allspice
- 5 medium sweet apples, diced

## Kitchen Tools:

- Can opener
- Measuring spoons
- Set of mixing bowls
- Whisk
- Plastic lettuce knives
- Cutting boards
- Scraping spatula
- Large mixing spoon

## Instructions:

1. The assistant educator begins prepping for cooking while the lead educator introduces the lesson. Lead educator reads the recipe aloud with the students.
  - a. Group 1: Open cans of pumpkin and measure yogurt, honey, and vanilla into a large bowl. Whisk together until blended. Make pumpkin pie spice mix: mix ground cinnamon, ginger, nutmeg, cloves, and allspice in a small bowl. Add pumpkin pie spice mix in with the pumpkin and yogurt bowl and stir together until well-blended.
  - b. Group 2: Slice and core apples. Dice into small pieces.
2. Serve pumpkin dip immediately or let sit covered in refrigerator for at least one hour. Top with diced apples, and if desired, Skillet Granola to make a tasty parfait perfect for a snack, dessert, or even breakfast. Enjoy!



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### Nutrition Facts

**Serving Size** 1 × 10 Serving

**Amount Per Serving**

**Calories** 114.8

**% Daily Value\***

<b>Total Fat</b>	1.2 g	2 %
Saturated Fat	0.7 g	3 %
Trans Fat	0 g	
<b>Cholesterol</b>	2.9 mg	1 %
<b>Sodium</b>	39.8 mg	2 %
<b>Total Carbohydrate</b>	24.9 g	9 %
Dietary Fiber	5.1 g	18 %
Total Sugars	16.9 g	
Added Sugars	1.2 g	2 %
<b>Protein</b>	3.8 g	
Vitamin D	0 mcg	0 %
Calcium	126 mg	10 %
Iron	1.4 mg	8 %
Potassium	394.1 mg	8 %

\* 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.

Full Info at [cronometer.com](https://cronometer.com)

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