

Sweet and Creamy Pumpkin Dip

Serves 10



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

Note: If you do not have all of the ground spices listed above at home or do not wish to pick them up from the store, you can substitute 4 teaspoons of pumpkin pie spice to create this recipe.

Instructions:

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.
2. Slice and core apples. Dice into small pieces.
3. 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*	
Total Fat	1.2 g	2 %
Saturated Fat	0.7 g	3 %
Trans Fat	0 g	
Cholesterol	2.9 mg	1 %
Sodium	39.8 mg	2 %
Total Carbohydrate	24.9 g	9 %
Dietary Fiber	5.1 g	18 %
Total Sugars	16.9 g	
Added Sugars	1.2 g	2 %
Protein	3.8 g	
Vitamin D	0 mcg	0 %
Calcium	126 mg	10 %
Iron	1.4 mg	8 %
Potassium	394.1 mg	8 %
<small>* 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.</small>		
<small>Full Info at cronometer.com</small>		<small></></small>