



Pumpkin Dip

INGREDIENTS (serving size: 10)

- 1 ¼ cup canned pumpkin puree
- 1 teaspoon pumpkin pie spice
- 8 ounces non-fat whipped Greek cream cheese, room temperature
- ¾ cup vanilla non-fat Greek yogurt
- ¼ teaspoon vanilla extract
- 2 ½ tablespoons maple syrup
- 5 small Honeycrisp apples, sliced

NUTRITION INFORMATION: 103 Calories; 0.5 grams Fat; 0 grams Saturated Fat; 3 mg Cholesterol; 167 mg Sodium; 20 grams Carbohydrates; 3 grams Fiber; 15 grams Sugar; 6 grams Protein

DIRECTIONS

1. In a large bowl, combine pumpkin puree, pumpkin pie spice, cream cheese, Greek yogurt, maple syrup and vanilla extract. Beat on medium-high speed until combined and smooth. Transfer to serving bowl and chill for 2 hours. Serve with sliced apples for dipping.

Chef Note: To prevent apple slices from browning, store in a sealable plastic container or bag with some lemon or orange juice; drain juice before serving.