



# PUMPKIN PIE DIP



## INGREDIENTS

4 oz Low-fat cream cheese, at room temperature  
1/4 cup Low-fat Greek yogurt  
7.5 oz Roasted pumpkin (1/2 of 15oz can)  
1 tsp Cinnamon  
1/2 tsp All spice  
Pinch Nutmeg  
Pinch Salt  
1 1/2 Tbsp Maple syrup ~or~ Honey  
1 Tbsp Brown sugar  
Apples, pears, and pretzels for serving

## SUPPLIES & EQUIPMENT

- Can opener
- Measuring cups and spoons
- Rubber spatula
- Food processor ~or~ blender
- Bowl for serving

## DIRECTIONS

1. Add all ingredients to a food processor or blender (be sure that the cream cheese is soft!) and mix until well combined.
2. Transfer the dip into a bowl for serving.
3. Serve dip with crunchy pretzels and sliced apples or pears. Enjoy!

\*Recipe found at [eatright.org](http://eatright.org)

