



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

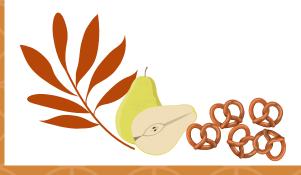
Pinch Nutmeg

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

