Pumpkin Fruit Dip

Serve this delicious and light dip with pear and apple slices as a dessert at your next holiday party! This dip is a great source of Vitamin A and is easy for kids to prepare.

Serves 6

Ingredients

• ⅓ cup canned pumpkin puree
• ⅔ cup nonfat Greek yogurt
• 4 ounces light cream cheese
• ¼ cup brown sugar or maple syrup
• ½ teaspoon pumpkin pie spice
• ½ teaspoon vanilla

Directions

1. Measure all ingredients into large bowl.
2. Blend using a hand-mixer or immersion blender until smooth.
3. Serve with sliced fruit.

Nutrition Facts

Serving Size 1/4 Cup  Servings Per Recipe  Approximately 6

Amount Per Serving

Calories 100  Calories from Fat 25
% Daily Value*

Total Fat 3g  5%
Saturated Fat 2g  10%
Trans Fat 0g

Cholesterol 10mg  3%
Sodium 70mg  3%

Total Carbohydrate 12g  4%
Dietary Fiber 0g  0%
Sugars 11g

Protein 5g

Vitamin A 45%  •  Vitamin C 2%
Calcium 6%  •  Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories:  2,000  2,500

Total Fat  Less than 85g 80g
Saturated Fat  Less than 20g 25g
Cholesterol  Less than 300mg 300mg
Sodium  Less than 2,400mg 2,400mg
Total Carbohydrate  300g 375g
Dietary Fiber  25g 30g

Calories per gram:
Fat 9  •  Carbohydrate 4  •  Protein 4

Please note: nutritional values are approximate.