

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 8



Ingredients

- 2/3 cup canned pumpkin puree
- 1 cup plain, non-fat Greek yogurt
- 4 ounces light cream cheese
- 1/3 cup brown sugar
- 1/2 teaspoon pumpkin pie spice
- 1/2 teaspoon vanilla
- Fruit, sliced (Apples, pears, bananas or any of your favorite fruits)

Nutrition Facts

Serving Size About 1/4 Cup
Servings Per Recipe 8

Amount Per Serving

Calories 80 Calories from Fat 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 55mg **2%**

Total Carbohydrate 10g **3%**

Dietary Fiber 1g **4%**

Sugars 9g

Protein 5g

Vitamin A 70% • 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:

		2,000	2,500
Total Fat	Less than	65g	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

Directions

1. Measure all ingredients into large bowl.
2. Using a hand-mixer or immersion blender, blend all ingredients until smooth.
3. Enjoy immediately or refrigerate until ready to serve.

Please note: nutritional values are approximate.

