

Pumpkin Fruit Dip

Yield: 3 cups

Serving size: 2 Tablespoons



Nutrition Facts	
26 servings per container	
Serving size	2 Tablespoons (32g)
Amount per Serving	
Calories	40
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 25mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 6g Added Sugars	12%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0mg	0%
Potassium 1mg	0%
Vitamin A 67mcg	7%
Vitamin C 0mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Ingredients

- 1 15-ounce can pumpkin (or about 1 $\frac{3}{4}$ cup cooked pumpkin)
- 1 cup vanilla yogurt for added protein (can substitute Greek vanilla yogurt, ricotta cheese or cream cheese)
- $\frac{1}{4}$ cup sugar
- 1 teaspoon vanilla extract
- $\frac{3}{4}$ teaspoon cinnamon
- $\frac{1}{8}$ teaspoon nutmeg

Directions

1. In a large bowl or food processor, combine pumpkin, vanilla yogurt (or substitution), sugar, vanilla extract, cinnamon, and nutmeg.
2. Stir or process until smooth. Taste and adjust seasoning/sweetness.
3. Serve immediately or chill. Refrigerate leftover within 2 hours.
4. Serve with apple or pear slices, bananas, or grapes.