

# Eat Smart • Move More

## Pumpkin Dip

Prep Time: 10 minutes

Total Time: 10 minutes



### Ingredients

- 8 ounces canned pumpkin
- 6 ounces low-fat vanilla yogurt
- 4 ounces reduced fat cream cheese, softened
- ½ teaspoon pumpkin pie spice
- 4 apples, sliced

### Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1 serving</b>
	<b>(309.79g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>210</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 38g	<b>14%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 27g	
Includes g of Added Sugars	
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 118mg	<b>10%</b>
Iron 1mg	<b>6%</b>
Potassium 406mg	<b>8%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

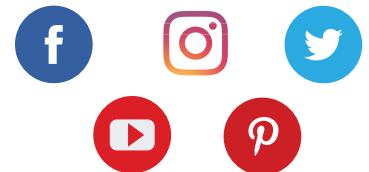
### Directions

- Blend together pumpkin, yogurt, cream cheese, and pumpkin pie spice until smooth.
- Serve with apple slices or your other favorite fruits.

### Quick Tips

- Substitute cinnamon in place of pumpkin pie spice.
- Make sure to use plain canned pumpkin, not pumpkin pie filling, which contains added sugar.
- Use leftover canned pumpkin in smoothies.

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(Recipe from North Dakota Extension Service, as listed at: <https://www.ag.ndsu.edu>.)

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