



Creamy Pumpkin Dip

Servings 8 | Prep time 15 mins. | Total time 15 mins.

Equipment:

Large bowl
Cutting board
Can opener

Utensils:

Mixing spoon
Knife
Measuring cups and spoons

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. In a large bowl, combine pumpkin, yogurt, cinnamon, and nutmeg. Stir until smooth.
3. Serve immediately with cut produce.

Ingredients

1 15 ounce can pumpkin puree
1 cup (vanilla or plain) low-fat yogurt
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg (optional)
2 cups fruit (apples, pears, bananas, etc.), cut for dipping

Nutritional Information:

Calories 40
Total Fat 0g
Sodium 20mg
Total Carbs 9g
Protein 2g