



Creamy Pumpkin Dip

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

Equipment: Large bowl, Cutting board, Can opener

Utensils: Measuring spoons and cups, Mixing spoon, Knife

Ingredients

- 1 15 ounce can pumpkin puree
- 1 cup plain or vanilla low-fat yogurt
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg (optional)
- 2 cups cut fruit for dipping

Instructions

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

Nutritional Information:

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