

HEALTHY PUMPKIN PIE DIP

INGREDIENTS

- 6 ounces, low fat cream cheese, room temperature
- 1 tsp all spice, ground
- 1 tsp cloves, ground
- 1/3 cup, reduced fat Greek yogurt
- 1/8 tsp, nutmeg, ground
- 3 Tbsp agave nectar
- 2 Tbsp brown sugar
- 15 ounces (1 can) roasted pumpkin, no sugar added
- 2 Tbsp brown sugar
- 1/8 tsp sea salt
- 2 1/2 teaspoons ground cinnamon

DIRECTIONS

1. In a food processor, place cream cheese and Greek yogurt and blend until smooth.
2. Add remaining ingredients in the food processor and blend until smooth.
3. Cover and refrigerate for at least 30 minutes before serving with sliced fruit or salty whole grain pretzels.



Courtesy of Academy of Nutrition & Dietetics

Serves: 25 | Serving size: 2 Tablespoons

Nutrition Information: Calories: 35; Total fat: 1g; Cholesterol: 5mg; Sodium: 25mg; Total carbohydrate: 5g; Dietary fiber: 1g; Sugars: 3g; Protein: 1g.