

# Pumpkin Yogurt Fruit Dip

## INGREDIENTS

- 1 (6-ounce) container vanilla Greek yogurt
- 3 Tbsp pumpkin puree
- ½ tsp ground cinnamon
- 4 small/medium apples, cored and sliced

## DIRECTIONS

1. Stir together the yogurt, pumpkin puree and cinnamon in a small bowl until smooth.
2. Serve cold with sliced apple wedges.



*Recipe featured in Wellness 720 Avondale*

**Nutrition Information:** Calories: 110, Protein: 4g, Carbohydrates: 26g, Saturated Fat: 0g, Cholesterol: 5mg, Sodium: 30mg, Dietary Fiber: 4g, Sugars: 20g, Fat: 0g