

Pumpkin Dip/Mini Pumpkin Pies

Serves 16 · Prep time: 70 minutes · Cook time: None



Nutrition Facts

Serving Size 1 Tbsp Dip (57g)	
Servings per Recipe 16	
Amount Per Serving	
Calories 90	Calories from Fat 15
% Daily Value	
Total Fat 1.5g	3%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	1%
Sodium 190mg	8%
Total Carbohydrate 16g	5%
Dietary Fiber Less than 1g	5%
Sugars 8g	
Protein 3g	
Vitamin A 80%	Vitamin C 2%
Calcium 6%	Iron 4%
Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

MATERIALS NEEDED

- Bowl
- Can opener
- Whisk/fork
- Plate

CHEF'S NOTES

- Allow crème cheese to warm to ambient temperature for 10 minutes before mixing

Ingredients:

- ½ can (15 ounces) pumpkin*
- 8 ounces fat-free cream cheese, softened
- 2 Tablespoons brown sugar
- ½ teaspoon cinnamon
- ½ teaspoon pumpkin pie spice
- 16 rectangle graham crackers

*or use pumpkin puree recipe from optional "Pumpkin Bread" recipe

Directions:

- 1) Open the can of pumpkin and place in a bowl. Cover and refrigerate at least one hour prior to making this recipe (so the dip will be chilled).
- 2) Place the remaining items into the bowl of pumpkin and mix together until creamy.
- 3) Place one tablespoon of the pumpkin dip on each plate with a graham cracker.
- 4) Taste!

Developed by Network for a Healthy California- Merced County Office of Education

	Snack
Fruit	
Vegetable	
Grain/Alternative	1/2 serving ✓
Meat/Alternative	0.5 oz ✓
Milk	

A ✓ indicates that this food group qualifies for CACFP crediting. If two categories are checked off, then the recipe qualifies for CACFP reimbursement. The nutrition facts are provided to you for CACFP creditable recipes.