



Pumpkin Pie Dip

Servings: 25 (2 Tablespoons Per Serving)

This pumpkin dip is a holiday favorite! We love pumpkin pie, so we decided to create a creamy dip that tastes just like it. Serve this recipe as an appetizer or dessert because it tastes great dipped with sliced apples, pears or salty whole grain pretzels. It's definitely a crowd pleaser that is easy to make, loaded with vitamin A, low in saturated fat and tastes amazing.

Ingredients

6 ounces, low fat cream cheese, room temperature
1/3 cup, reduced fat Greek yogurt
15 ounces (1 can) roasted pumpkin, no sugar added
2 1/2 teaspoons cinnamon, ground
1 teaspoon all spice, ground
1 teaspoons cloves, ground
1/8 teaspoon, nutmeg, ground (a pinch!)
3 tablespoons agave nectar or honey
2 tablespoons brown sugar
1/8 teaspoon sea salt

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.

Nutrition Facts (Serving Size 2 Tablespoons) Calories 35, Total Fat 1g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 5mg, Sodium 25mg, Total Carbohydrate 5g, Dietary Fiber 1g, Sugars 3g, Protein 1g, Vitamin A 50%, Vitamin C 2%, Calcium 2%, Iron 2%