

PUMPKIN DIP



ingredients:

- 1 1/4 cups canned pumpkin puree
- 1 teaspoon pumpkin pie spice
- 8 ounces non-fat whipped Greek cream cheese, room temperature
- 3/4 cup vanilla non-fat Greek yogurt
- 1/4 teaspoon vanilla extract
- 2 1/2 Tablespoons maple syrup
- 5 small Honeycrisp apples, sliced

directions:

1. In a large bowl, combine pumpkin puree, pumpkin pie spice, cream cheese, yogurt, vanilla extract and maple syrup.
2. Beat on medium-high speed until combined and smooth.
3. Transfer to serving bowl and chill for 2 hours.
4. Serve with sliced apples for dipping.

Cook's Notes:

- To make 1 teaspoon of pumpkin pie spice, combine 1/2 teaspoon cinnamon, 1/4 teaspoon ginger, 1/8 teaspoon allspice and 1/8 teaspoon nutmeg.
- To prevent apple slices from browning, store in sealable plastic bag with lemon or orange juice; drain juice before serving. Graham crackers also pair well with this dip.

Yield: 10 servings

Nutrition Information Per Serving:

103 Calories
0.5 grams Fat
0 grams Saturated Fat
3 mg Cholesterol
167 mg Sodium
20 grams Carbohydrates
3 grams Fiber
6 grams Protein

Food exchanges:
1 fruit, 1/2 milk



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