RECIPE

Pumpkin Fruit Dip

This quick and simple dip is creamy, full of warm spices, and perfect for dipping your favorite fall fruits.

Makes: 3 cups
Prep time: 10 minutes
Source: Foodhero.org

Ingredients

- 1 can (15 ounce) pumpkin (about 1 ¾ cups cooked pumpkin)
- 1 cup low-fat ricotta cheese, plain yogurt or cream cheese
- ¾ cup sugar (or use less or substitute with honey/maple syrup
- 1 ½ teaspoons cinnamon
- ½ teaspoon nutmeg

Directions

1. In a large bowl, combine pumpkin, ricotta cheese, cinnamon and nutmeg.
2. Add sugar a little at a time to reach desired sweetness.
3. Stir until smooth.
4. Refrigerate leftovers within 2 hours.

Small Changes, BIG Difference!

Nutrition Information

Serving Size: 2 tablespoons

Nutrients	Amount
Calories:	40
Total Fat:	0.5 g
Saturated Fat:	0 g
Sodium:	25 mg
Total Carbohydrates:	8 g
Dietary Fiber:	0 g
Total Sugars	7 g
Protein	1 g

Utensils Needed

- Large bowl
- Can opener
- Mixing spoon
- Measuring cups & spoons

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