



**Pumpkin Pie Dip**



# Pumpkin Pie Dip

Serves 25.

## Ingredients

- 6 oz. low fat cream cheese
- 1/3 cup Greek yogurt
- 15 oz (1 can) canned pumpkin
- 2 1/2 tsp. cinnamon
- 1 tsp. all spice
- 1 tsp. cloves, ground
- 1/8 tsp. nutmeg, ground
- 3 tbsp. honey
- 2 tbsp. brown sugar
- 1/8 tsp. salt

## Directions

1. Add cream cheese and Greek yogurt to food processor and blend until smooth.
2. Once cream cheese and yogurt are blended, add remaining ingredients to the mixture and blend until smooth.
3. Cover and refrigerate for at least 30 minutes before serving.
4. Serve with sliced fruit, whole grain pretzels or crackers.

### **Nutrition information (2 tbsp. serving)**

*35 calories, 1g fat, 0g sat fat, 5g carbohydrates, 1g protein, 25 mg sodium*