

# Pumpkin Fruit Dip

## Ingredients

- 1 - 15-ounce pumpkin (or about 1 ¾ cups cooked pumpkin)
- 1 cup \*vanilla yogurt
- 1/4 cup sugar
- 1 teaspoon vanilla extract
- 3/4 teaspoons cinnamon
- 1/8 teaspoon nutmeg



## Instructions

1. In a large bowl or food processor, combine pumpkin, \*vanilla yogurt, Greek vanilla yogurt, ricotta cheese or cream cheese, sugar, vanilla extract, cinnamon and nutmeg.
2. Stir or process until smooth. Taste and adjust seasoning/sweetness.
3. Serve immediately or chill. Refrigerate leftovers within 2 hours.
4. Serve with apple or pear slices, bananas, or grapes.

**Yield:** 3 cups / serving size: 2 tablespoons

**Note:** Greek yogurt will provide additional protein.

**Source:** recipe modified from Oregon State University Food Hero

<b>Nutrition Facts</b>	
26 servings per container	
<b>Serving size</b>	<b>2 Tablespoons (32g)</b>
<b>Amount per Serving</b>	
<b>Calories</b>	<b>40</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	1 %
Saturated Fat 0g	0 %
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2 %
<b>Sodium</b> 25mg	1 %
<b>Total Carbohydrate</b> 8g	3 %
Dietary Fiber 0g	0 %
Total Sugars 7g	
Includes 6g Added Sugars	12 %
<b>Protein</b> 1g	
Vitamin D 0mcg	0 %
Calcium 20mg	2 %
Iron 0mg	0 %
Potassium 1mg	0 %
Vitamin A 67mcg	7 %
Vitamin C 0mg	0 %

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

