

Pumpkin Dip

(food processor or blender needed)

Ingredients:

- 1 can Pumpkin (not pumpkin pie filling)
- 8 Dates
- 1 cup Pecans
- 2 t Cinnamon
- 1/2 t Nutmeg
- 1/2 t Ginger
- 1 t Pumpkin Pie Spice
- 1 cup Plain Greek Yogurt



Directions: Blend pumpkin, dates, and walnuts until thoroughly blended. Stir in yogurt and spices. Serve with fruit (esp apple slices), vegetables or whole grain low fat crackers.



Recipe by: Beth Michaels, RD, CDE

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**Nutrition Information per serving
(32 servings ~2 T):**

Standard Pumpkin Dip

| | |
|---------------------------------|---------------------|
| Calories: 42 | 70 Calories |
| Fat: 2 grams | 3 g Fat |
| Protein: 2 grams | 1 g Protein |
| Carbohydrates: 3.7 grams | 8 g Carbs |
| Fiber: 1 gram | 0 g Fiber |
| Sodium: 6 mg | 23 mg Sodium |

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