

Pumpkin Dip with Ginger Snaps

Ingredients:

8 ounces pumpkin, canned
 4 ounces nonfat cream cheese
 6 ounces nonfat yogurt, vanilla
 1/2 teaspoon pumpkin spice
 24 ginger snaps

Equipment:

Mixer or blender
 Medium bowl
 Spatula
 Can opener
 Measuring spoons

Number of Servings: 4
 Prep Time: 10 minutes
 Total time: 10 minutes

Directions

1. Open pumpkin and add to a bowl or blender container.
2. Unwrap cream cheese and add.
3. Add yogurt into bowl.
4. Mix at medium speed until well blended.
5. Eat with ginger snaps or graham crackers.

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Nutrition Facts

Serving Size: 6 ginger snaps & 1/2 cup dip
 Servings: 4

| Amount Per Serving | | Calories from Fat 45 | |
|-------------------------------|--------------|----------------------|------------|
| | | %Daily Value* | |
| Total Fat 5g | | | 7% |
| Saturated Fat 1g | | | 5% |
| Cholesterol 3mg | | | 1% |
| Sodium 462mg | | | 19% |
| Potassium 493mg | | | 14% |
| Total Carbohydrate 41g | | | 14% |
| Dietary Fiber 1g | | | 5% |
| Protein 9g | | | 19% |
| Vitamin A 23% | Vitamin C 9% | | |
| Iron 18% | Calcium 18% | | |

*Percent Daily Values are based on a 2,000 calorie diet.

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