

PUMPKIN FRUIT DIP

PREP TIME: 5 min

COOK TIME: N/A

SERVINGS: 12

SERVING SIZE: 1/4 cup

INGREDIENTS

- 1 15-ounce can pumpkin puree
- 1 cup Greek yogurt
- 1-2 tsp pumpkin pie spice (to taste)
- 1/4 cup maple syrup

DIRECTIONS

1. In a large bowl, combine pumpkin, yogurt, maple syrup and spice.
2. Stir until smooth.
3. Serve with apple slices.
4. Refrigerate leftovers within two hours.



Adapted from Food Hero: www.foodhero.org



Public Health

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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