



## INGREDIENTS

- 1 cup Pumpkin Puree
- ¾ cup Vanilla Greek Yogurt
- ½ tsp Pumpkin Pie Spice
- Optional: Cinnamon, Nutmeg, Ginger, Coconut, Chocolate Chips, Pumpkin Seeds

## DIRECTIONS

1. Slice up apples and set aside.
2. Combine all ingredients in a mixing bowl.
3. Enjoy dip with apples!

## Power Pumpkin Spice Dip

*Gluten Free | Vegetarian*

Yield:  
4-6 Servings

Prep Time:  
10 Min

Cook Time:  
5 Min

## NUTRITION FACTS

Calories:	Fat:	Carbohydrate:	Fiber:	Protein:
225 kcal	1.5 g	43 g	5.2 g	10 g