

UNIVERSITY OF COLORADO COLORADO SPRINGS

Power Pumpkin Spice Dip

Ingredients:

1 serving is ¾ cup 225 calories

1 cup pumpkin puree ¾ cup vanilla Greek yogurt ½ tsp pumpkin pie spice



CHO 43g Fat 1.5g Protein 10g Fiber 5.2g

Tip: You can add/replace with other flavors of yogurt like honey or pumpkin. You can also use ½ tsp cinnamon, ¼ tsp nutmeg, ¼ tsp ginger if you do not have pumpkin pie spice. Add coconut, chocolate chips, or pumpkin seeds for an added crunch.

For added protein use your favorite protein powder!

Directions:

- 1. Slice up apples as set aside
- 2. Combined all items in a mixing bowl
- 3. Enjoy dip with apples!

You can also use gram crackers or pretzels for alternative dipping!

Interested in learning more about nutrition and health? Call the Wellness Center at 719-255-4444 and schedule an appointment with one of our dietitians.