



Power Pumpkin Spice Dip

Ingredients:

1 serving is $\frac{3}{4}$ cup
225 calories

1 cup pumpkin puree
 $\frac{3}{4}$ cup vanilla Greek yogurt
 $\frac{1}{2}$ 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 $\frac{1}{2}$ tsp cinnamon, $\frac{1}{4}$ tsp nutmeg, $\frac{1}{4}$ 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!