

## Pumpkin Dip

Makes 32 servings

### Ingredients

6 ounces fat-free cream cheese, softened  
 1 15-ounce can no-salt-added 100% pure pumpkin  
 ½ cup brown sugar  
 ¼ teaspoon ground nutmeg  
 1 ¼ teaspoons ground cinnamon  
 ½ teaspoon ground ginger  
 ⅛ teaspoon ground clove  
 1 16-ounce container lite whipped topping, thawed  
 32 graham crackers

### Directions

1. In a medium bowl, combine softened cream cheese, pumpkin puree, brown sugar and spices. Mix until well-blended.
2. Fold in thawed whipped topping until well-blended.
3. Place in refrigerator until set (about 2 hours). Serve with graham crackers.



APPETIZER OR SNACK



### TIP

Set the cream cheese out to soften at room temperature for 30 to 60 minutes before making this recipe. Forget this step? No problem! You can also place the cream cheese in a heat-safe bowl and cook in the microwave on high for 15 to 20 seconds.

♥ = heart smart

⊗ = low sodium

Visit [allinahealth.org/recipes](http://allinahealth.org/recipes) for more healthful recipe ideas.

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### Nutrition Facts

Serving Size 2 tablespoons dip with 4 graham cracker pieces (40g)  
 Servings Per Container 32

Amount Per Serving

**Calories 70**      **Calories from Fat 20**

**% Daily Value\***

**Total Fat 2g**      **3%**

**Saturated Fat 1.5g**      **8%**

**Trans Fat 0g**

**Cholesterol 0mg**      **0%**

**Sodium 65mg**      **3%**

**Total Carbohydrate 13g**      **4%**

**Dietary Fiber 1g**      **4%**

**Sugars 7g**

**Protein 1g**

**Vitamin A 40%**      **Vitamin C 0%**

**Calcium 2%**      **Iron 2%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000    2,500

Total Fat    Less than 65g    80g

Saturated Fat    Less than 20g    25g

Cholesterol    Less than 300mg    300mg

Sodium    Less than 2,400mg    2,400mg

Total Carbohydrate    300g    375g

Dietary Fiber    25g    30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat, milk  
 Carb choices per serving: 1