

Pumpkin Fruit Dip

This quick and simple dip is creamy, full of warm spices, and perfect for dipping your favorite fall fruits.

Makes: 3 cups

Prep time: 10 minutes

Source: Foodhero.org



Small Changes,
BIG Difference!

Ingredients

- 1 can (15 ounce) pumpkin (about 1 $\frac{3}{4}$ cups cooked pumpkin)
- 1 cup low-fat ricotta cheese, plain yogurt or cream cheese
- $\frac{3}{4}$ cup sugar (or use less or substitute with honey/maple syrup)
- 1 $\frac{1}{2}$ teaspoons cinnamon
- $\frac{1}{2}$ teaspoon nutmeg

Directions

1. In a large bowl, combine pumpkin, ricotta cheese, cinnamon and nutmeg.
2. Add sugar a little at a time to reach desired sweetness.
3. Stir until smooth.
4. Refrigerate leftovers within 2 hours.



Nutrition Information

Serving Size: 2 tablespoons

Nutrients	Amount
Calories:	40
Total Fat:	0.5 g
Saturated Fat:	0 g
Sodium:	25 mg
Total Carbohydrates:	8 g
Dietary Fiber:	0 g
Total Sugars	7 g
Protein	1 g

Utensils Needed

- Large bowl
- Can opener
- Mixing spoon
- Measuring cups & spoons

SHOPPING LIST

Average total cost without oil and seasonings: \$4.98

Average cost/serving: \$0.19

Recipe Makes: 26 Servings

Note: The list of ingredients below is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

Ingredients



Add 1 to cart
Pumpkin (15 oz)



Add 1 to cart
Ricotta Cheese (15 oz)

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Serve with apple slices, bananas, or grapes.
- Try using a mixture of ricotta, yogurt, or cream cheese.
- For a smoother texture, use a hand mixer or food processor to mix ingredients.



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