

## Pumpkin Dip with Ginger Snaps

### Ingredients:

8 ounces pumpkin, canned  
 4 ounces nonfat cream cheese  
 6 ounces nonfat yogurt, vanilla  
 1/2 teaspoon pumpkin spice  
 24 ginger snaps

### Equipment:

Mixer or blender  
 Medium bowl  
 Spatula  
 Can opener  
 Measuring spoons

Number of Servings: 4  
 Prep Time: 10 minutes  
 Total time: 10 minutes

### Directions

1. Open pumpkin and add to a bowl or blender container.
2. Unwrap cream cheese and add.
3. Add yogurt into bowl.
4. Mix at medium speed until well blended.
5. Eat with ginger snaps or graham crackers.

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### Nutrition Facts

Serving Size: 6 ginger snaps & 1/2 cup dip  
 Servings: 4

Amount Per Serving		
<b>Calories 240</b>		Calories from Fat 45
		<b>%Daily Value*</b>
<b>Total Fat</b> 5g		<b>7%</b>
Saturated Fat 1g		<b>5%</b>
<b>Cholesterol</b> 3mg		<b>1%</b>
<b>Sodium</b> 462mg		<b>19%</b>
<b>Potassium</b> 493mg		<b>14%</b>
<b>Total Carbohydrate</b> 41g		<b>14%</b>
Dietary Fiber 1g		<b>5%</b>
<b>Protein</b> 9g		<b>19%</b>
Vitamin A 23%	Vitamin C 9%	
Iron 18%	Calcium 18%	

\*Percent Daily Values are based on a 2,000 calorie diet.

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