

Pumpkin Cream Cheese Dip

This tasty dessert featuring pumpkin and apples would be a healthy choice for a holiday get-together.

Ingredients for Dip:

8 ounces low-fat cream cheese (room temperature)
3/4 cup of canned pumpkin (unsweetened, unsalted)
3 tablespoons sugar
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon ground cloves
1/2 teaspoon vanilla

Serve with:

6 apples sliced



Directions:

Mix all ingredients for the spread together in a mixing bowl by hand or with an electric mixer (medium speed). Serve with apple slices for dipping. Serves 12.

Nutritional - 3 Tablespoon serving: 107 Calories; 3 grams total fat; 2 grams saturated fat; 10 mg cholesterol; 91 mg sodium; 18 grams total carbohydrate; 3 grams dietary fiber; 2 grams protein.

Source: Mayo Clinic

For more information, contact the Wildcat Extension District, Crawford County, 620-724-8233; Labette County, 620-784-5337; Montgomery County, 620-331-2690; Pittsburg Office, Expanded Food and Nutrition Education (EFNEP), 620-232-1930. Wildcat District Extension is on the Web at <http://www.wildcatdistrict.ksu.edu>. Or, like our Facebook page at [facebook.com/wildcat.extension.district](https://www.facebook.com/wildcat.extension.district).

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