

Pumpkin Fruit Dip

PREP TIME: 5 min
Makes 3 cups

INGREDIENTS

- 1 15-ounce can pumpkin puree
- 1 cup Greek yogurt
- 1/4 cup maple syrup
- 1-2 tsp pumpkin pie spice (to taste)

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. In a large bowl, combine pumpkin, yogurt, maple syrup, and spice.
2. Stir until smooth.
3. Serve with apple slices.
4. Refrigerate leftovers within two hours.

Adapted from Food Hero: www.foodhero.org

