

PERFECT PUMPKIN DIP



Ingredients

1 can pumpkin puree

6 ounces fat-free vanilla yogurt

1/4 cup brown sugar

1 tsp. ginger

2 tsp. cinnamon

1/2 tsp. nutmeg

1/2 tsp. allspice

1/4 tsp. cloves

Small pinch of salt

Optional: 1/2 cup cinnamon, butterscotch or chocolate chips.

Cooking Instructions

- Combine ingredients in a small bowl until well blended.
- Refrigerate until ready to serve.
- Serve with fresh fruit, vanilla wafers, graham crackers or ginger snaps.