



Pumpkin Dip

NUTRITIONAL INFORMATION PER SERVING

One serving of 1/4 cup of dip and 1/2 apple contains:

100 calories

0 grams of fat

3 grams of fiber

10% of Daily Value of Calcium

60% of Daily Value of Vitamin A

6% of Daily Value of Vitamin C

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www.idph.state.ia.us/pickabetersnack

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Pumpkin Dip

INGREDIENTS

1/3 cup of canned pumpkin

1 cup fat-free vanilla yogurt

1/2 teaspoon of cinnamon or pumpkin pie spice

PREPARATION

1. Mix all ingredients in a bowl.
2. Dip in apples, pears, or graham crackers!

Makes 4 servings.

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