

## Pumpkin Cream Cheese Dip



Pumpkins are loaded with vitamin A and fiber, and low in calories. This light dessert is a great alternative for calorie-rich pumpkin pie. It can also be an excellent appetizer for the holidays.

### Dip Ingredients

- 8 ounces low-fat cream cheese (room temperature)
- 3/4 cup canned pumpkin (unsweetened)
- 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 dip ingredients in a mixing bowl by hand or with an electric mixer (medium speed). Serve with apple slices for dipping.

Serving size: 3 tablespoons

### Nutrition information per serving:

Calories: 107

Carbohydrates: 18 grams

Fat: 3 grams

Protein: 2 grams

Saturated Fat: 2 grams

Dietary Fiber: 3 grams

Cholesterol: 10 milligrams

Sodium: 91 milligrams