



## Dietitian's Choice Pumpkin Dip

- 8 ounces  $\frac{1}{3}$  less fat cream cheese
- $\frac{3}{4}$  cup pureed 100% pumpkin puree
- 1 teaspoon vanilla
- $1\frac{1}{2}$  teaspoons cinnamon
- 2 teaspoons pumpkin spice
- 2 tablespoons brown sugar
- $\frac{1}{4}$  cup applesauce

Blend together in a blender or food processor until smooth.