



Pumpkin Dip

Adapted from *Cooking Matters in Your Community*



Ingredients



- 1 can of pumpkin puree (15 oz.)
- 1 cup of low-fat cream cheese, softened
- 1/4 cup powered sugar
- 1 tsp. pumpkin pie spice



Directions



Yield: 10 servings **Serving size:** 1/4 cup **Total cost:** \$3.36 **Serving cost:** \$0.36

1. Mix all ingredients together using a blender or fork.
2. Serve with fruits, veggies, graham crackers, or whole wheat toast.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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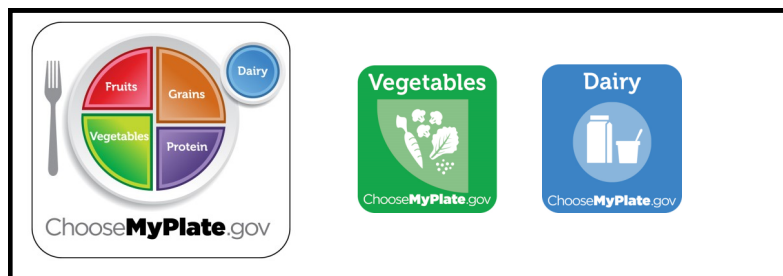
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Fast Facts



Featured Food Groups



Cooking Tips



- Substitute pumpkin pie spice for 1 tsp. cinnamon and 1/8 tsp. nutmeg.
- Substitute cream cheese for low-fat yogurt.

Nutrition Facts	
10 servings per container	
Serving size	1/4 cup (1g)
Amount Per Serving	
Calories	70
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 2.3g	12%
Trans Fat 0.1g	
Cholesterol 15mg	5%
Sodium 90mg	4%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 0.72mg	4%
Potassium 141mg	4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Second Harvest is an equal opportunity provider.



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