

# Pumpkin Pie Dip

## Ingredients

7.5 oz pumpkin (not pumpkin pie filling)

¼ c non-fat Greek yogurt

2 T brown sugar

1.5 T honey or agave

¼ t cinnamon

¼ t pumpkin spice

¼ t vanilla extract

¼ c light non-dairy whipped topping (i.e. Cool Whip)



## Directions

- Mix all ingredients except the non-dairy whipped topping.
- Fold in non-dairy whipped topping.
- Sprinkle with extra cinnamon.
- Serve with apple slices.

Recipe courtesy of: <http://queats.weebly.com/>