



September 21- After School Dip

Not Smart Snack

Link: <http://www.recipe.com/after-school-dip/>

Recipe

Ingredients:

- 1 package (8 ounces) nonfat cream cheese
- 1 Tablespoon nonfat milk
- 3 Tablespoons packed brown sugar
- ¼ teaspoon pumpkin pie spice
- ⅓ cup raisins

Directions:

1. Place cream cheese and milk in food processor or blender. Pulse until creamy; do not overbeat. Add brown sugar and pumpkin pie spice. Whirl until blended.
2. Place mixture in small bowl, stir in raisins. Serve with apple wedges, carrots, and celery sticks.
3. Refrigerate unused portion of dip.

Yield 6 servings

Nutrition Facts

Serving Size 3.5 tablespoons (52.9g)
Servings Per Container 6

Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	1%
<i>Trans Fat</i>	
Cholesterol <5mg	2%
Sodium 270mg	11%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	1%
Sugars 11g	
Protein 6g	13%
Vitamin A 0%	Vitamin C 0%
Calcium 15%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.