



## 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%**

**Trans Fat**

**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.