



September 26- Pumpkin Yogurt Dip

Smart Snack

Link: No link, CNP recipe

Recipe

Ingredients:

- ½ cup canned pumpkin
- 1 cup vanilla low-fat yogurt
- ½ teaspoon cinnamon

Directions:

1. Combine ingredients and mix until smooth.
2. Enjoy with apples, or other fruits and vegetables.

Yield 6 servings

Nutrition Facts

Serving Size 1/4 cup (61.44g)
Servings Per Container 6

Amount Per Serving

Calories 45 Calories from Fat 5

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 2%

Trans Fat 0g

Cholesterol <5mg 1%

Sodium 30mg 1%

Total Carbohydrate 7g 2%

Dietary Fiber <1g 3%

Sugars 6g

Protein 2g 4%

Vitamin A 60% • Vitamin C 0%

Calcium 8% • Iron 0%

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