

Pumpkin Pie Dip

3 Tablespoons: 44 calories, 1g total fat, 37mg sodium, 6.5g carbs, 1.5g fiber, 3.5g sugars, 2.5g protein

Ingredients:

- 3/4 cup canned pure pumpkin
- 1/2 cup fat-free plain Greek yogurt
- 3 no-calorie sweetener packets
- 1 tsp. vanilla extract
- 3/4 tsp. cinnamon
- 1/4 tsp. pumpkin pie spice
- 1/2 cup light whipped topping

Directions:

1. In a medium bowl, combine first 6 ingredients.
2. Mix until smooth and then fold in whipped topping

MAKES 6 SERVINGS