

Healthy Pumpkin Pie Dip

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-thanksgiving-recipe-makeovers>

Ingredients:

- 1 cup Mountain High Yoghurt plain
- 1/2 cup pumpkin puree
- 1/4 cup brown sugar
- 1 teaspoon cinnamon
- 1 teaspoon vanilla

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 5 milligrams
4. Fat: 1.5 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 1 grams
8. Sodium: 100 milligrams
9. Sugar: 12 grams

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