

# Pumpkin Pie Dip

Yield: 6 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-pumpkin-pie-recipe>

## Ingredients:

- 15 ounces pumpkin
- 3/4 cup brown sugar Splenda would work too
- 1 teaspoon vanilla
- 1/8 teaspoon cinnamon
- 1/8 teaspoon pumpkin pie spice or more to taste
- 6 ounces fat free greek yogurt I used Chobani
- 8 ounces cool whip free
- apples cut up, to dip, extra points

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 36 grams
3. Fat: 5 grams
4. Fiber: 1 grams
5. Protein: 2 grams
6. SaturatedFat: 4 grams
7. Sodium: 35 milligrams
8. Sugar: 30 grams

---

Thank you for visiting our website. Hope you enjoy Pumpkin Pie Dip above. You can see more 16 greek pumpkin pie recipe Dive into deliciousness! to get more great cooking ideas.