



# Pumpkin Pie Dip

## Ingredients

- $\frac{3}{4}$  cup fat-free plain Greek or regular yogurt
- $\frac{1}{4}$  cup honey
- $\frac{1}{2}$  cup canned or fresh pumpkin
- $\frac{1}{2}$  tsp ground cinnamon

## Instructions

1. Combine yogurt, honey, and pumpkin in a medium-sized bowl and mix well.
2. Mix in cinnamon until evenly distributed.
3. Serve with sliced apples, pears, bananas, or whole grain graham crackers.
- 4. Enjoy!**

