



Perfect Pumpkin Pie Dip



1/6th of recipe (about 3 tbsp.): 44 calories, 1g total fat (1g sat. fat), 37mg sodium, 6.5g carbs, 1.5g fiber, 3.5g sugars, 2.5g protein

Prep: 5 minutes



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Ingredients

3/4 cup canned pure pumpkin
1/2 cup fat-free plain Greek yogurt
1/2 cup light whipped topping (like [Skinny Truwhip](#) or [So Delicious Dairy Free Cocowhip Light](#))
2 no-calorie sweetener packets (like Truvia)
1 tsp. vanilla extract
3/4 tsp. cinnamon
1/4 tsp. pumpkin pie spice
Dash salt

Directions

In a medium bowl, combine all ingredients. Mix until smooth and uniform.

MAKES 6 SERVINGS

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