



Pumpkin Spice Latte Dip



1/6th of recipe (about 1/4 cup): 54 calories, 1.5g total fat (1.5g sat fat), 40mg sodium, 9g carbs, 1.5g fiber, 5g sugars, 1.5g protein

Freestyle™ [SmartPoints®](#) value 2*

Prep: 5 minutes



Tagged: [Dessert Recipes](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

- 2 tsp. instant coffee granules
- 3/4 cup canned pure pumpkin
- 1/2 cup fat-free vanilla yogurt
- 1 packet natural no-calorie sweetener (like Truvia)
- 1 tsp. vanilla extract
- 3/4 tsp. cinnamon
- 1/4 tsp. pumpkin pie spice, or more for topping
- Dash salt
- 3/4 cup natural light whipped topping (like the kind by [So Delicious](#) or [Truwhip](#))

Directions

In a small bowl, stir to dissolve coffee granules in 2 tsp. hot water.

In a medium-large bowl, add all remaining ingredients *except* whipped topping. Add dissolved coffee, and mix until smooth and uniform.

Gently fold in whipped topping.

MAKES 6 SERVINGS

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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