



Fluffy Pumpkin Pie Dip



Developed by Hungry Girl. Brought to you by [Dannon Light + Fit](#). To purchase Light + Fit products, [click here!](#)

[Click here to see how it's made!](#)

1/5 of recipe (about 1/4 cup): 62 calories, 2.5g total fat (2g sat fat), 54mg sodium, 6.5g carbs, 0g fiber, 4g sugars, 3g protein

Green Plan **SmartPoints**® value 3*

Blue Plan (Freestyle™) **SmartPoints**® value 3*

Purple Plan **SmartPoints**® value 3*

Prep: 5 minutes

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Ingredients

One 5.3-oz. container [Dannon Light + Fit Pumpkin Pie Greek Nonfat Yogurt](#)

1/4 cup whipped cream cheese

1/2 cup light whipped topping (thawed from frozen)

2 graham crackers (1/2 sheet), finely crushed

Serving suggestions: graham crackers, apple slices

Seasonings

1/8 tsp. cinnamon

Directions

In a medium bowl, combine yogurt, cream cheese, and cinnamon. Mix until mostly smooth and uniform.

Fold in whipped topping. Top with crushed graham cracker.

MAKES 5 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.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.