



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

Prep: 5 minutes



More: [Dessert Recipes](#), [Vegetarian Recipes](#), [Recipes Developed for Our Partners](#), [5 Ingredients or Less](#), [30 Minutes or Less](#), [Four or More Servings](#)

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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.