



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

Green Plan [SmartPoints](#)® value 1*

Blue Plan (Freestyle™) [SmartPoints](#)® value 1*

Purple Plan [SmartPoints](#)® value 1*

Prep: 5 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

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

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.