



## 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

**Green Plan [SmartPoints](#)® value 2\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 2\***

**Purple Plan [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.)

\*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.