



## 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

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**Prep:** 5 minutes



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### 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

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