

# Pumpkin Cheesecake Dip

Prep: 5 minutes | Chill: 30 minutes | Total: 35 minutes

Yield: 6 servings | Serving Size: ¼ cup

## Ingredients

3 ounces reduced-fat cream cheese (Neufchatel), softened

3 tablespoons nonfat plain Greek yogurt

¾ cup pumpkin puree (about half of a 15-ounce can)

1½ teaspoons pumpkin pie spice

2 tablespoons maple syrup or honey

1 pinch salt

## Directions

1. Add the cream cheese and Greek yogurt to the bowl of a food processor. Blend until smooth, about 1-2 minutes.
2. Add the pumpkin puree, pumpkin pie spice, maple syrup or honey, and salt. Blend until completely combined, stopping to scrape down the sides as needed, about 2-3 minutes.
3. Transfer the mixture to a medium serving bowl or storage container.
4. Cover with a lid or plastic wrap. Place in the refrigerator to chill for at least 30 minutes.
5. Serve cold.

## Recipe Notes

- If you don't have pumpkin pie spice, you can substitute ground cinnamon.
- This dip goes well with apple slices, graham crackers, and pretzels.
- This dip will keep in the refrigerator for up to 7 days. Freezing is not recommended.



Nutrition Facts Per Serving: Calories: 70 | Total Fat: 3.5 g | Saturated Fat: 2 g  
Sodium: 90 mg | Total Carbohydrate: 8 g | Dietary Fiber: 1 g | Protein: 2.5 g

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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