

RECIPE



Pumpkin Dip with Sliced Apples

8 oz 1/3 less fat cream cheese
1/2 cup brown sugar
1/2 can plain pumpkin
1 tsp cinnamon
1/2 tsp of ginger (if desired)
36 apple slices
2 tsp maple syrup

Place first three ingredients in a bowl & mix until well blended. Add syrup & cinnamon & beat until smooth. Cut apples and serve!

Makes 12 servings (2 T dip with 3 apple slices) @ 145 calories, 4 g fat, 2.5 g protein and 18 g carbs