

Tupperware®

Serves: 5 • Serving size: about ¼ cup



PREP: 10 minutes

Pumpkin-Yogurt DIP

¼ cup plain (full fat) yogurt
1 cup pumpkin puree
1 tsp. cinnamon
⅛ tsp. nutmeg
3 tbsp. honey
2 tbsp. chopped roasted pumpkin seeds (optional)

1. In the Kids Baking Set bowl, stir together yogurt, pumpkin puree, cinnamon, nutmeg and honey until well combined.
2. Top with pumpkin seeds. Serve immediately with pretzel rods, sticks, apple and pear wedges, or cover and refrigerate up to 3 days.

Nutritional Information (per serving):

Calories: 100 Total Fat: 3.5g Saturated Fat: 1.5g Cholesterol: 0mg
Carbohydrate: 15g Sugar: 12g Fiber: 2g Protein: 2g Sodium: 5mg
Vitamin A: 150% Vitamin C: 4% Calcium: 4% Iron: 6%

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