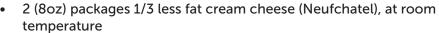
PUMPKIN POWER DIP







- 1 (15oz) can of pumpkin
- 4 Tablespoons honey
- 1 teaspoon cinnamon







INSTRUCTIONS:

- 1. In a medium size bowl, stir all ingredients together until smooth.
- 2. Serve with graham crackers.
- 3. Eat and enjoy!

Yield: 20 (2 Tablespoon) servings Source: Nutrition Department Original

PUMPKIN POWER DIP



INGREDIENTS:

- 2 (8oz) packages 1/3 less fat cream cheese (Neufchatel), at room temperature
- 1 (15oz) can of pumpkin
- 4 Tablespoons honey
- 1 teaspoon cinnamon







INSTRUCTIONS:

- 1. In a medium size bowl, stir all ingredients together until smooth.
- 2. Serve with graham crackers.
- 3. Eat and enjoy!

Yield: 20 (2 Tablespoon) servings Source: Nutrition Department Original

