

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*

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HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services

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