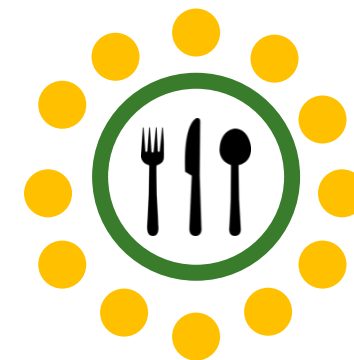


## recipe of the week:

### *Pumpkin Pie Dip*



ingredients:	directions:
15 oz can pumpkin	1. Mix pumpkin with brown sugar, vanilla and spices, blend well. Read more at <a href="https://www.skinnytaste.com/pumpkin-pie-dip/#KeQODJc5lhk2vOtD.99">https://www.skinnytaste.com/pumpkin-pie-dip/#KeQODJc5lhk2vOtD.99</a>
¾ cup brown sugar, not packed	2. Mix in yogurt.
1 tsp vanilla	3. Fold in Truwhip and chill in refrigerator until ready to eat.
1/8 tsp. cinnamon	
1/8 tsp. pumpkin pie spice (or more to taste)	
6 oz. 0% Greek yogurt (Fage)	
8 oz. Truwhip	
Cut up apples, for dipping.	

Presented by:

