



Pumpkin Peanut Butter Dip

Serves 12 (about 2 Tbsp.)

Ingredients:

3/4 cup peanut butter

2 Tbsp. brown sugar 1 tsp.

vanilla

3/4 cup canned pumpkin

Directions:

In a medium bowl, mix peanut butter and brown sugar. Stir in vanilla and pumpkin until combined. Serve with graham crackers, apple slices or celery sticks.

Per serving: 110 calories, 9 g fat, 4 g protein, 7 g carbohydrate, 2 g fiber, 75 mg sodium