

PUMPKIN PEANUT BUTTER DIP

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 16 (Serving= 2 Tablespoons)

Nutrition (per serving)

Calories: 45

Total Fat: 2.5 g

Saturated Fat: 1 g

Sodium: 94 mg

Total Carbohydrate: 4 g

Dietary Fiber: 1 g

Protein: 2 g



Ingredients

- 1 - 8 ounce block reduced fat cream cheese, softened
- 1 cup 100% pure pumpkin
- ½ cup PB2® powdered peanut butter
- 1 Tablespoon Splenda® brown sugar blend
- 2 teaspoons pure vanilla extract

Directions

1. Combine all ingredients in a medium bowl.
2. Refrigerate for 1 hour before serving.
3. Serve with apples or graham crackers.