**Pumpkin Dip**

**Serves 20 Prep time 20 minutes**

**Ingredients:**

1 (1 ounce) packet sugar-free vanilla instant pudding

2 (12 ounce) cans low fat evaporated milk

1 (15 ounce) can pumpkin

2 teaspoons cinnamon

1 teaspoon nutmeg

**Directions:**

1. In a medium bowl, combine pudding and evaporated milk. Let stand for 5 minutes.
2. Mix pumpkin, cinnamon, and nutmeg into pudding mixture.
3. Refrigerate for at least 10 minutes. Serve with crackers or apple slices.

**Tips for a Healthier You:**

* Serve this dip with fruit slices for a festive and healthy holiday celebration.
* Always wash cooking surfaces and hands before preparing food.
* Wash canned food lids before opening.
* Extra servings may be kept covered in the refrigerator for up to 3 days.
* Kids can help make this recipe. Children are more likely to eat something that they have helped make.
* This food is high in Vitamin A. This vitamin is good for healthy eyes and skin. It may also protect us from certain cancers.
* Fat-free and low-fat dairy products have the same amount of calcium and other essential nutrients as whole milk, but with less fat and calories.



**Nutrition Facts (per ¼ cup serving):** Calories 50; Protein 2g; Carbohydrate 9g; Total Fat 0.5g; Saturated Fat 0g; Cholesterol 5mg; Fiber 1g; Sodium 230mg; Vitamin C 2%; Vitamin A 70%; Iron 2%; Calcium 10%

*Adapted from food.com.org*

This material was funded by USDA’s Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact Washington State University King County Extension.

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