

Creamy Maple Pumpkin Spread (Serves 24)



A deliciously sweet and creamy spread, perfect for dipping with **apple slices, pears, peapods, or gingersnap cookies!**

Ingredients:

- $\frac{3}{4}$ cup light cream cheese
- $\frac{1}{2}$ cup canned pumpkin
- $\frac{1}{3}$ cup packed brown sugar
- 1 tbsp maple syrup
- 1 tsp cinnamon

Instructions

1. In a mixing bowl, combine **cream cheese, pumpkin, and brown sugar.**
2. Using an electric mixer, beat at **medium speed** until smooth.
3. Add **maple syrup and cinnamon**, then mix again until fully combined.

4. Cover and **chill for at least 30 minutes** (or prepare the night before).
5. Serve cold with your favorite **dippers!**

Nutritional Information (per 1 tbsp serving):

- **Calories:** 31
- **Fat:** 1.0g
- **Sodium:** 35mg
- **Carbohydrates:** 4.0g
- **Sugars:** 4.0g
- **Fiber:** <1.0g
- **Protein:** 1.0g

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