



Adapted from foodhero.org

HARVEST OF THE MONTH

Ingredient: Winter Squash

Pumpkin Dip

PREP TIME:	5 minutes
COOK TIME:	10 minutes
TOTAL TIME:	15 minutes
YIELD:	3 cups

INGREDIENTS

- 1 can (15 oz) pumpkin puree
- 1 C plain yogurt or ricotta cheese
- 2 tbs sugar or honey
- 1 tsp cinnamon
- ½ tsp nutmeg

INSTRUCTIONS

1. In a large bowl, combine all ingredients. Stir until smooth.
2. Serve with apple slices, banana slices, or your fruit or cracker of choice. Refrigerate leftovers.