



Pumpkin Dip

3/4 cup (6 ounces) 1/3-less-fat cream cheese, softened
1/4 cup Splenda
1/2 cup canned pumpkin
1 tablespoon sugar-free maple syrup
1/2 teaspoon ground cinnamon

Combine all ingredients in a medium bowl or blender and mix until smooth. Cover and chill 30 minutes before serving. Serve the dip with peeled apple slices, banana slices, or cinnamon pita chips. Makes 12 servings.

Nutrition information per serving: 40 calories, 1 gram protein, 3 grams fat, 2 grams carbohydrate, 63 mg sodium.