

Pumpkin Pie Dip

INGREDIENTS:

15 oz. can pumpkin puree
8 oz. Cool Whip, thawed
1.5 oz. vanilla instant pudding mix
1 tsp. pumpkin pie spice (optional)

DIRECTIONS:

Cream together all ingredients with an electric mixer until well combined and fluffy. Chill in the fridge until ready to serve. Serve with vanilla wafers or graham crackers.

NUTRITION:

Makes 5 cups. Each ½ cup of dip has 80 calories, 2.5 grams (g) fat, 0 g protein, 15 g carbohydrate, 1 g fiber and 30 milligrams sodium.