

Pumpkin Spice Snack Dip

yield: 12 SERVINGS

cook time: 0 MINUTES

prep time: 4 MINUTES

total time: 4 MINUTES



INGREDIENTS

- 1 (32 oz) tub yogurt
- 1 (8 oz) tub lite cool whip
- 1 (15 oz) can pumpkin
- 1 (5 oz) box instant vanilla pudding mix
- 1 tsp pumpkin pie spice

INSTRUCTIONS

1. In a large bowl, mix yogurt, cool whip, & pumpkin.
2. Add pudding mix and stir until well-combined with no lumps.
3. Cover and chill for 30 minutes.
4. Store in an airtight container.

*Looking for an easy dip to eat while studying or bring to a potluck?
This takes 4 minutes and requires no cooking.*



What to Dip: sliced apples, pretzels, graham crackers, vanilla wafers.

Use as a Topping on: pancakes, pumpkin bread, toast.

Substitutions: eliminate the pumpkin & pumpkin pie spice to make a vanilla dip, then dip fruit!

Yogurt Options: use plain greek for a rich taste; vanilla for a sweeter dip.