

PUMPKIN PEANUT BUTTER DIP

Pumpkin Peanut Butter Dip

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 16 (Serving= 2 Tablespoons)

Nutrition (per serving)

| | |
|--------------------|-----------------------|
| Calories: 45 | Total Carbohydrate: 4 |
| Total Fat: 2.5 g | Dietary Fiber: 1 g |
| Saturated Fat: 1 g | Protein: 2 g |
| Sodium: 94 mg | |

Ingredients

- 1 - 8 ounce block reduced fat cream cheese, softened
- 1 cup 100% pure pumpkin

- ½ cup PB2® powdered peanut butter
- 1 Tablespoon Splenda® brown sugar blend
- 2 teaspoons pure vanilla extract

Directions

1. Combine all ingredients in a medium bowl.
2. Refrigerate for 1 hour before serving.
3. Serve with apples or graham crackers.