



## Fluffy Pumpkin Pie Dip



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1/5 of recipe (about 1/4 cup): 62 calories, 2.5g total fat (2g sat. fat), 54mg sodium, 6.5g carbs, 0g fiber, 4g sugars, 3g protein

**Prep:** 5 minutes



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## Ingredients

One 5.3-oz. container [Dannon Light + Fit Pumpkin Pie Greek Nonfat Yogurt](#)  
1/4 cup whipped cream cheese  
1/2 cup light whipped topping (thawed from frozen)  
2 graham crackers (1/2 sheet), finely crushed  
Serving suggestions: graham crackers, apple slices

### Seasonings

1/8 tsp. cinnamon

## Directions

In a medium bowl, combine yogurt, cream cheese, and cinnamon. Mix until mostly smooth and uniform.

Fold in whipped topping. Top with crushed graham cracker.

### MAKES 5 SERVINGS

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