

# Greek Yogurt Pumpkin Spice Fruit Dip

## What You Need

- $\frac{3}{4}$  cup canned (or fresh) 100% pumpkin puree
- 1 cup of plain Greek yogurt
- 1 teaspoon of ground cinnamon
- $\frac{1}{4}$  teaspoon of ground ginger
- $\frac{1}{4}$  teaspoon of ground nutmeg
- $\frac{1}{8}$  teaspoon of ground cloves (or just a pinch)
- $\frac{1}{4}$  teaspoon of vanilla extract

## Directions

- Mix all ingredients together.
- Refrigerate until ready to use.
- Serve with sliced fruit, like apples, pears or with whole-wheat crackers.