



Recipe From Phyllis' Kitchen



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PUMPKIN DIP

¾ cup pumpkin (1/2 can)

8 ounces cream cheese, softened (fat free works fine)

½ to 2/3 cup brown sugar

1 tablespoon maple syrup (or honey)

½ teaspoon cinnamon

¼ teaspoon, each, of nutmeg, ginger, and cloves (or ½-¾ teaspoon pumpkin pie spice)

Mix all ingredients together and serve with sliced apples, pretzels, graham crackers, or ginger snaps. Makes about 1 ½ cups dip.