

Pumpkin Dip



PUMPKIN DIP

ingredients

11 15-oz can 100% pumpkin puree (1 3/4 cup)
1 cup ricotta cheese, plain yogurt, or cream cheese
3/4 cup sugar
1 1/2 tsp cinnamon
1/2 tsp nutmeg

directions

Combine all ingredients except sugar in a bowl.
Use a whisk or a mixer to combine.
Add sugar gradually to desired sweetness.
Refrigerate for 2 hours.
Serve with apples, bananas, or graham crackers

notes

If you use pumpkin pie filling, omit the sugar!