

Holiday Pumpkin Dessert Dip
Makes 8 Servings

6 oz. fat free cream cheese
1/2 cup part skim ricotta cheese
1 T honey

1 1/2 cups canned pumpkin
3/4 cup part skim ricotta cheese
1 1/2 t pumpkin pie spice
1 T honey



2/3 cup chopped nuts such as pecans
2-3.5 oz. bags caramel Popped™ rice cake snacks

Thoroughly mix cream cheese, ricotta, and honey and spread evenly on the bottom of a small baking dish. Next, mix together the pumpkin, ricotta, pumpkin pie spice, honey, and salt and spread it evenly on top of the cheese mixture. Sprinkle chopped nuts on top and serve with caramel Popped™ rice cake snacks.

Nutrition information per serving: 210 calories, 10g total fat, 3g dietary fiber, 10g protein, 22 g carbohydrate, 310 mg sodium. Excellent source of calcium and Vitamin A.

