Get Up & Move!

Pumpkin Peanut Butter Dip

¾ cup canned pumpkin
¾ cup peanut butter
¾ cup brown sugar, packed
1 teaspoon vanilla

Mix peanut butter, pumpkin and brown sugar until well blended. Add vanilla, mix well.

Serve with graham crackers, bread, apple slices, celery sticks, etc.

36 1-tablespoon servings

Nutrition facts per serving: 50 calories, 2.5 g fat, 40 mg sodium, 6 g carbohydrate, 25% daily value vitamin A

University of Illinois Extension provides equal opportunities in programs and employment.

09/04