

Pumpkin Yogurt Dip w/Cinnamon Sugar Chips



Prep Time: 5 mins

Cook Time: 5 min

Servings: 2

Ingredients

For Yogurt Dip:

- 1 cup Vanilla yogurt*
- 1/4 cup Pumpkin Puree
- 1/2 to 1 tsp. cinnamon

- 1 tbsp. maple syrup
- 1/4 tsp dried ground ginger, optional

For Cinnamon Sugar Chips:

- Whole Wheat Tortilla* (cut into triangles)
- Cinnamon
- Sugar

*ingredient can be purchased with WIC benefits

Directions

For Yogurt Dip:

1. Combine all ingredients in a bowl and mix until everything is incorporated.
2. Taste, and adjust spices/sweetener, if needed.

For Cinnamon Sugar Chips:

1. Cut whole wheat tortillas into triangles
2. Spray with oil or brush lightly with oil or melted butter.
3. Sprinkle with cinnamon and sugar and bake at 350 for 12 min, flipping once.

*The dip was served with celery and green apple slices in class. Children also had the option of making "ants on a log" using the celery, dip, and dried cranberries.



Recipe & Photo Source: <https://www.theleangreenbean.com/pumpkin-yogurt-dip/>

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