

Fall Fruit Dip

Makes: 1 Fall Fruit Dip **Takes:** 5 minutes

Ingredients:

For dip:

½ cup plain unsweetened yogurt

½ cup plain pumpkin puree

1 teaspoon pumpkin pie spice

1 teaspoon vanilla

¼ teaspoon salt

1 or 2 Tablespoons sweetener (maple syrup, brown sugar, white sugar (do not use any sugar if your child is less than 1 year of age))

For dipping:

Apple slices ** use caution: **apple slices are a choking hazard for young children.** Only serve apple slices if your child can eat them without choking. The dip can be eaten with a spoon if your child cannot eat the apples.

Raisins (for eyeballs)

Directions:

Whisk dip ingredients together in a small bowl.

Cut apples and arrange around the bowl.

Cut part of an apple to make a beak and gobbler.

Place raisins, beak and gobbler in the center of the dip bowl.

Serve!

