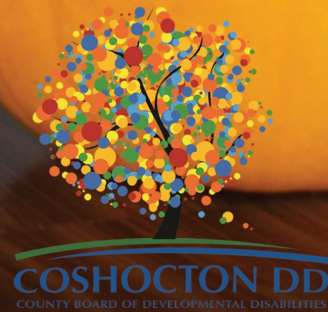




Easy Pumpkin Dip



Prep: 10 Min

Total: 10 Min

Calories: 30 calories per 2 TBS of dip

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Ingredients

- 1 Box Jell-O Pudding Mix
- 1 can Pumpkin
- 1 container Cool Whip
- 1 tsp Cinnamon
- 1 pinch Nutmeg



1. Cut Pumpkin

Cut the top of your pumpkin off using a sharp knife. Be careful not to cut your fingers!



2. Clean Pumpkin

clean out the inside to remove the seeds. Rinse out your pumpkin to make sure it is nice and clean! Dry it off with a paper towel.



3. Combine Dry Ingredients

Combine all your dry ingredients in a bowl- Jell-o Pudding powder, cinnamon and nutmeg

Watch Along

To watch how to make this yummy meal, check us out on YouTube!



Share With Us

We'd love to see what you create! Share pictures of your creations!



4. Add Wet Ingredients

Add your can of pumpkin and whipped topping. Mix well.



5. Add to Pumpkin

Add your mix to the inside of your pumpkin.



6. Enjoy!

Enjoy your pumpkin dip with ginger snaps, Vanilla Wafers, graham crackers or Teddy Grahams!