

# Nutrition Education

Dips are often loaded with fat, calories and sodium. For something different, try this dip. They are low in fat, are very nutritious and easy to make.

## Pumpkin Butter

15 oz can pumpkin puree

1/2 tsp ginger

1/4 tsp cloves

1 tsp cinnamon

1/4 tsp nutmeg

1/4 cup brown sugar

1/2 cup apple juice

Combine ingredients, heat through. May serve warm or cold; goes well with graham crackers or on toast, pancakes or muffins.

