Pumpkin Peanutty Spoons

Prep Time: 10 minutes
Cost per serving: $0.17

What you need:

Utensils:

- Measuring cups & spoons
- Stirring spoon
- Mixing bowl
- Cutting board & knife

Ingredients:

- ½ cup canned pumpkin
- ½ cup creamy peanut butter
- 2 tablespoons honey
- ¼ teaspoon cinnamon
- 2 tablespoons chopped peanuts

What to do:

1. Wash your hands and clean your cooking area.
2. Combine pumpkin, peanut butter, honey, and cinnamon; mix well.
3. Chill.
4. Before serving dip, top with nuts.
5. Serve with sliced fruit or vegetables such as apples, celery, or carrots.

BETTER LIVING FOR TEXANS

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Nutrition Facts

Serving Size 2 tablespoons
Servings Per Container 8

Amount Per Serving	
Calories 130	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 75mg	**3%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 2g	**8%**
Sugars 6g	
Protein 5g	
Vitamin A 50% • Vitamin C 2%	
Calcium 2% • Iron 4%	