



# Kitchen Creations

## Pumpkin Dip

### Ingredients

- Pumpkin puree (15 oz can)
- 1 package of cream cheese
- ½ cup of powdered sugar
- 1 tsp cinnamon
- ½ tsp ginger

### Directions

1. Pull the cream cheese from the refrigerator and let soften.
2. In a bowl, place pumpkin puree, 1 package of cream cheese, ½ cup of powdered sugar, 1 tsp of cinnamon, and ½ tsp ginger.
3. Using a mixer, mix the ingredients together until they are well combined.
4. Eat immediately with apples or ginger snaps. The dip can also be refrigerated in a covered container.

### Tips for Kids

- Make sure to explain the kitchen utensils you are using. It will make them feel more comfortable and safe when cooking in the kitchen.
- Have them help you use the hand mixer to mix. If they are little, try the hand over hand technique.
- Count! The kitchen is a great place to start counting and measuring things. Have them help you measure ingredients and count how much of everything is needed.

Kitchen Creations is Sponsored by:

