



OCR

ORTHOPAEDIC & SPINE
CENTER OF THE ROCKIES

FROM THE OCR FAMILY'S *kitchen* TO YOURS

Pumpkin Dip

Ingredients:

1 can pumpkin
1/2 - 3/4 pkg. softened cream cheese
1/2 c. powdered sugar
Cinnamon, nutmeg, allspice to taste 1/3

Directions:

Mix well in medium bowl and serve with pretzels, apples or gingersnaps.

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