

## INGREDIENTS

3/4 cup cream cheese softened  
2 teaspoons maple syrup  
1/2 cup packed brown sugar  
1/2 teaspoon ground cinnamon  
1/2 cup canned or frozen pumpkin

## DIRECTIONS

Beat cream cheese, brown sugar, and pumpkin together with an electric mixer on medium speed in a bowl until light and creamy, 3 to 5 minutes.

Add maple syrup and cinnamon and beat until smooth, 1 to 2 minutes. Cover with plastic wrap and refrigerate for 30 minutes. Serve with pretzel sticks and apple slices.