

## Cream Cheese Frosting

### Ingredients

1 cup of non-fat cream cheese  
¼ cup of white sugar  
½ cup of any vegetable puree (butternut squash, carrot, cauliflower, spinach, etc)  
1/8 cup of water



### Directions

Place all ingredients in a blender or food processor. Blend the ingredients until the consistency is smooth and creamy. You may need to add more water depending on the thickness of your frosting. Spoon over your favorite muffin, cupcake or cake.

Yield: 20 servings

	Per Serving
Calories	24
Protein	2 g
Fiber	0 g
Total Fat	0.2 g
Iron	0.1 mg
Calcium	24.7 mg
Vitamin A	82 mcg

Ideas: Try adding dry fruit, nuts, or fresh fruits and vegetables on top of your muffins for extra flavor and nutrients.

**Healthy Eating Tip:** This is a healthier alternative to regular frosting because it contains pureed vegetables. Try adding some pureed veggies to your favorite meals.

Happy  Halloween