

No-Bake Pumpkin Pie Yogurt Dip



QUICK FACTS



No cooking required



5-10 minutes



Simple ingredients



INTRO

This creamy pumpkin dip brings fall flavors into a hands-on food activity. Children can scoop, stir, measure, and dip, making it a good option for practicing kitchen participation without using the stove or oven.



INGREDIENTS

- ½ cup plain or vanilla Greek yogurt
- ½ cup canned pumpkin purée (not pumpkin pie filling)
- ½ teaspoon cinnamon
- 1-2 teaspoons maple syrup, optional
- Graham crackers or other age-appropriate dipping foods



DIRECTIONS

- 1 Add the yogurt and pumpkin purée to a bowl.
- 2 Sprinkle in the cinnamon and add maple syrup if desired.
- 3 Let your child stir the ingredients until smooth.
- 4 Serve with graham crackers or other suitable dipping foods.



SKILLS CHILDREN PRACTICE

- Hand strength and coordination through stirring.
- Bilateral coordination by holding the bowl with one hand and mixing with the other.
- Grading force when scooping dip and spreading it onto a cracker.
- Sensory exploration through smelling, touching, and tasting different ingredients.
- Following directions and completing a simple sequence.



ADAPT IT BY AGE

Toddlers can help dump premeasured ingredients into a bowl and stir with hand-over-hand assistance as needed. Preschoolers can measure ingredients with help and scoop dip onto crackers. School-age children can follow the recipe more independently, measure portions, and experiment with cinnamon or other preferred flavors.



OT TIP

If your child is hesitant to try unfamiliar foods, keep the dip separate from the dipping foods at first. Allow them to choose whether to look, smell, touch, dip, or taste. This makes the experience more positive and supports gradual food exploration without pressure.



SAFETY

Choose dipping foods appropriate for the child's chewing and swallowing abilities. Supervise young children during food preparation and eating.

