

PUMPKIN APPLE SPREAD

Pumpkin Apple Spread

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 40 (Serving= 2 Tablespoons)

Nutrition (per serving)

Calories: 16	Total Carbohydrate: 4
Total Fat: 0 g	Dietary Fiber: 1.5 g
Saturated Fat: 0 g	Protein: 0.5 g
Sodium: 1 mg	

Ingredients

- 44 ounces 100% pure pumpkin (1 large plus 1 regular sized can)
- 1 cup unsweetened applesauce
- 2 Tablespoons Splenda® brown sugar blend
- 1 Tablespoon cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cloves
- ½ teaspoon allspice

Directions

1. Place all ingredients in a slow cooker and mix well.
2. Cook on high for 2 hours then low for 8-10 hours. Leave lid off for last 1-2 hours. Stir periodically.
3. Serve on toast, as a peanut butter and pumpkin spread sandwich, or mix in oatmeal!