

PUMPKIN CHEESEBALL

Pumpkin Cheeseball

Gluten Free, Low Carb / Diabetes Friendly, Lower Sodium

Serves: Approximately 16 (Serving= 1/4 cup not including crackers)

Nutrition (per serving)

Calories: 133

Total Carbohydrate: 8

Total Fat: 9 g

Dietary Fiber: 1 g

Saturated Fat: 4 g

Protein: 4 g

Sodium: 140 mg

Ingredients

- 2 (8 ounce) packages 1/3 less fat (Neufchatel) cream cheese, room temperature
- 1-1/4 cup canned 100% pure pumpkin
- 1- 8 ounce can crushed pineapple (well-drained)
- 2 ounces lower sodium ham lunchmeat, chopped (check to make sure gluten free for GF version)
- 1/4 cup green onion, chopped
- 4 ounces honey roasted almonds, finely chopped

Directions

1. Using a hand mixer, start to blend cream cheese and pumpkin in a medium bowl on low speed. Change speed to high and mix until well blended.
2. Stir in rest of ingredients, shape into large ball and coat with almonds.
3. Chill until firm. Serve with whole grain crackers (use gluten free for GF version).