

Recipe Name Pumpkin Butter

Ingredients:

- 1 15 oz. can of pure pumpkin
- ½ cup apple cider
- 1/3 cup coconut sugar
- ¼ cup liquid allulose
- ½ tsp. ground cinnamon
- 1/8 tsp. ground cloves
- 1/8 tsp. ground ginger
- 1/8 tsp. kosher salt

Directions

1. Combine all ingredients into a small, heavy-duty saucepan. Bring to a boil over medium-high heat. Reduce the heat to low and simmer, covered with the lid slightly ajar, stirring every few minutes so that the pumpkin butter does not stick to the bottom of the pan. Continue this until it is slightly thickened and measures about 2 cups. Depending on the amount of liquid in your pumpkin this could be 20-40 minutes. Don't worry if it seems too thin as it will thicken upon refrigeration. Stick with the 2-cup measurement. Let it cool completely before refrigerating.

*Pumpkin butter will keep in an airtight container in the refrigerator for up to 3 weeks, or frozen up to 3 months!