



APPLE PUMPKIN BUTTER



INGREDIENTS:

- 2 medium apples, peeled and chopped
- 1 cup unsweetened applesauce OR 1 (20oz) can NO SUGAR added apple pie filling
- 1/4 cup stevia
- 1 (15oz) canned pure pumpkin
- 1 tsp cinnamon
- 1/2 tsp pumpkin pie spice
- 1 tsp vanilla extract
- 1/2 tsp lemon juice

DIRECTIONS:

- 1) Place all ingredients in a slow cooker and cook on low for 3-4 hours.
- 2) Turn the cooker off, store and allow to cool completely.
- 3) Remove and place in a blender or food processor and blend until smooth.
- 4) Place finished spread in a sealed container in the refrigerator. Can remain in refrigerator for 12-14 days or placed in freezer to last longer.

Enjoy!

1 serving = 2 tbsp

Calories: 15 | Protein: 0.5 gm | Carbs: 4 gm | Fat: 0 gm