

Pumpkin Butter

Ingredients:

- 1 (29 ounce) can pumpkin puree
- 3/4 cup apple juice
- 2 teaspoons ground ginger
- 1/2 teaspoon ground cloves
- 1 1/2 cups granulated Splenda
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg

Nutrition Facts

Servings: 15

Amount per serving

Calories **24**

% Daily Value*

Total Fat 0.2g **0%**

Saturated Fat 0.1g **0%**

Cholesterol 0mg **0%**

Sodium 3mg **0%**

Total Carbohydrate 10.6g **4%**

Dietary Fiber 6.4g **23%**

Total Sugars 3g

Protein 0.6g

Directions:

1. Combine pumpkin, apple juice, spices, and Splenda in a large saucepan; stir well. Bring mixture to a boil. Reduce heat, and simmer for 30 minutes or until thickened. Stir frequently.
2. Transfer to sterile containers and chill in the refrigerator until serving.