

## Dairy Free Pumpkin Spread



### What You Need

- 1 Can pumpkin (29-oz, *not pumpkin pie filling*)
- 3/4 Cup brown sugar substitute (*or light brown sugar*)
- 1/4 Cup pancake syrup (*sugar free or your favorite maple syrup*)
- 1 Cup apple sauce (unsweetened)
- 2 Tbsp. cornstarch
- 2 Tbsp. water
- 1 1/2 tsp. McCormick pumpkin pie spice (*or your favorite brand*)

2 tsp. Cinnamon (powder/dry/ground)

¼ tsp. Nutmeg (powder/dry/ground)

2 qt. Or larger saucepan with lid

Fork

Medium bowl

Small bowl

Immersion blender (or hand mixer/blender/food processor/whisk)

Air tight container for storing in fridge (mason jar, plastic container with air tight lid, etc. )

### Before We Start

Pour all dry ingredients into medium size bowl and stir with a fork to combine, set aside. In a small bowl combine cornstarch and 2 Tbsp. water. Using a fork, mix until well combined (it should look like a thin paste), set aside. *Note, if it is watery add a little bit more cornstarch (a pinch at a time.)* stirring until thicker.

### Let's Make It!

In a saucepan over medium heat, add pumpkin, applesauce and syrup. Using a fork stir to combine, add dry ingredients, stir well to combine. Cook on medium heat, stirring occasionally. Bring it to a bubble (*not a boil*). Remove saucepan from stove and stir in cornstarch. Using your immersion blender (fork or other) blend for 2 minutes. Return to stove and cook on lowest setting for 15-20 minutes. Stirring with a fork occasionally. Turn off the heat and add lid to cover, let sit on the burner for 10 minutes. It should resemble thick pudding when it's done. Remove from stove, spoon into your container. Let it cool for 20 minutes then put it in the fridge. It will keep for about a week.

Makes about 4 cups

**\*\*Katie's Tid Bits\*\***this recipe can be doubled exactly, if you want to make more. Try adding this spread to waffles or pancakes. Add a dollop or two to your oatmeal or cream of wheat. Add it to your quick bread recipes, pasta, mac and cheese, whipped potatoes, squash recipes and yams. You can even drop a dollop or two into your carrot juice.

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