

# Pumpkin Pecan Butter

(festive lighter peanut butter alternative)

**Ingredients:**

1 1/2 cup Pecans      1/4 t Nutmeg  
1 cup Pumpkin      1/4 t Ginger  
1 cup Almond Milk    1/8 t Cloves  
1 t Cinnamon      1 T Vanilla Extract  
1/4 t. Sea Salt



**Directions:** Toast pecans in 200 F oven for 10-20 minutes until lightly toasted (optional). Blend in food processor frequently scraping down sides until fully blended into “nut butter.” Add remaining ingredients and process until fully blended.

**Notes:** Almond milk can be adjusted to reach desired consistency. Spices/seasonings can be adjusted or modified without altering nutrition status significantly.



Recipe by: Elizabeth Michaels, RD, CDE

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**Nutrition Information per serving  
(24 servings ~2 T):**

**Calories: 55**

**Fat: 5 grams**

**Protein: 1 grams**

**Carbohydrates: 2 grams**

**Fiber: 1 gram**

**Sodium: 16 mg**

**Jif Peanut Butter**

**190 Calories**

**16 g Fat**

**7 g Protein**

**8 g Carbs**

**2 g Fiber**

**80 mg Sodium**

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