

## ICED PUMPKIN SQUARE



Recipe developed by Chef Paige Vondran

	Ingredients	Exchanges
Protein	9.8gm cream cheese, room temperature	0.5 (-3gm fat)
	14.7gm Bob's Red Mill® almond flour	3.2 (-3.2gm fat)
Fat	11.8gm butter for cake	3 (-3.2gm)
	12gm butter for icing, room temperature	3 (-3gm)
Carbohydrate	14.3gm canned pumpkin	1.3
Other	4gm erythritol	
	½ tsp. Da Vinci® Sugar Free vanilla syrup	
	Dash of pumpkin pie spice	

### DIRECTIONS

- Preheat oven to 350° F.
- Weigh the ingredients using a gram scale.
- In a small bowl, melt the butter for the cake.
- Add the canned pumpkin, erythritol, and almond flour to the bowl.
- Season the batter with pumpkin pie spice.
- Stir until smooth using a small rubber spatula.
- Grease a square shaped silicone mold with nonstick cooking spray.
- Pour the batter evenly into the mold.
- Bake for 20-25 minutes until cake is firm and slightly darker in color.
- In a separate small bowl, weigh the room temperature butter.
- Add the room temperature cream cheese to the bowl.
- Stir until smooth using a small rubber spatula.
- Once the square is fully cooled, gently remove from the silicone mold.
- Scoop the icing on the top of the square. Spread evenly.

### VARIATIONS

- Other artificial sweeteners may be used in place of the erythritol such as liquid stevia or saccharin.
- Banana can be used in place of the pumpkin if desired.
- The exchange amount of butter in the pumpkin cake should not exceed the exchange amount of almond flour.
- Cake must be cooled before removing from the mold, otherwise it will not hold together.