



PUMPKIN FUDGE POPS

Recipe developed by Chef Paige Vondran

	Ingredients	Exchanges
Protein	10.6 gm NOW Real Foods® almond flour	2 (-3 gm fat)
	9.5 gm pumpkin seed butter	1.7 (-4.25 gm fat)
Fat	22.8 gm softened butter	6 (-7.25 gm)
Carbohydrate	14.3 gm pumpkin puree, canned	1.3
Other	½ tsp. Da Vinci Gourmet® SF vanilla syrup	
	Dash of pumpkin pie spice	

DIRECTIONS

- Weigh the ingredients using a gram scale.
- Combine all of the ingredients together in a small bowl.
- Season with a dash of pumpkin pie spice for added flavor.
- Scoop mixture onto parchment paper and place in the refrigerator until moderately firm.
- Roll the mixture with your hands to create small round balls.
- Line the pumpkin balls on the parchment paper to prevent sticking.
- Puncture each pumpkin ball halfway through with a lollipop stick.
- Return back to the refrigerator to solidify.
- Store in the refrigerator for 3-5 days or the freezer for up to 2 months.

VARIATIONS

- Parchment paper is used during the chilling process to prevent sticking. If using a silicone mold, the parchment paper and rolling process can be skipped.
- When first opening the jar of pumpkin seed butter, the natural oils will be separated from the seed puree. Stir the oil into the seed puree thoroughly prior to weighing.
- Pumpkin seed butter can be substituted for sun butter or any other nut butter.