

Pumpkin Spice Syrup (THM FP)

Serving size: 2-4 tablespoons

Ingredients:

- 1/2 cup of water
- 1/3 cup of THM Gentle Sweet (or Pyure)
- 3/4 cup 100% pumpkin puree
- 1/3 cup of on plan sweetened condensed milk (I love My Montana Kitchen's recipe)
- 1/2 tsp of Pumpkin Spice mix (see notes for alternative)
- 1/4 tsp of mineral salt

Directions:

Mix water and sweetener together in a large pot and bring to a boil. Reduce to simmer and add pumpkin, condensed milk, pumpkin spice, and salt.

Simmer for 1-2 minutes, then remove from heat.

Let syrup cool to room temperature, and store in a mason jar in the fridge. Enjoy!

Notes:

Pumpkin Spice is just an equal mixture of clove, cinnamon, ginger, and nutmeg. It's easy to whip up your own to measure out this whole season, or you can buy some from the super-market!

If you need a DF version, My Montana Kitchen also has a recipe using coconut milk.