

## Pumpkin Butter

A creamy, thick, flavorful, and naturally sweetened spread for spreading on waffles, pancakes, banana bread, adding to yogurt, oatmeal, buttered toast and on any fall treats! Enjoy straight from the fridge or let it warm to room temperature before serving.

Prep Time: 20 minutes  
Cook Time: 60 minutes  
Servings: ¼ cup servings  
Storage: 2 weeks  
Freeze: 30 days  
Author: Chef Chandra, S.O.U.L. Food

### Ingredients

- 4 cups pumpkin purée (not pumpkin pie filling / or 2 - 15-ounce cans pumpkin purée)
- ¼ cup coconut sugar or muscovado sugar (or sub organic brown sugar)
- ¼ cup maple syrup (Grade A is best)
- 2 apples, seeded, peeled and diced (Fuji, Gala, Honeycrisp, Golden Delicious, Crispin (aka Mutsu) -½ cup unsweetened apple juice
- 1 TBSP lemon juice and zest
- 2 ½ teaspoons pumpkin spice\*
- ½ teaspoon ground cinnamon
- 1 pinch sea salt

### Instructions

Add all ingredients to a slow cooker on medium and stir to combine.

Once it begins bubbling, reduce heat to low and simmer. You're looking for a frequent bubble, so if there isn't much going on at the surface, increase heat to medium-low heat. If bubbling too vigorously, reduce heat to low.

Cook, uncovered, for 60 minutes, stirring occasionally. This can be cooked for 20-minutes and served however, cooking for 60 minutes will deepen the flavors and thicken the texture.

Taste and adjust seasonings as needed, adding more maple syrup for sweetness, lemon juice for acidity, cinnamon or pumpkin spice for warmth, or salt to balance the flavors.

Once cooled completely, transfer to a large glass container and store in the refrigerator for up to 2 weeks, sometimes more (depending on the freshness of your ingredients). Freeze for 1 month.

### Notes

\*If you don't have pumpkin pie spice, use this DIY blend: 2 tsp ground cinnamon, 2 tsp ground ginger, 1 tsp ground nutmeg, 1/2 tsp ground cloves.

Adapted *All Recipes recipe*

CC's S.O.U.L. Food

Chef Chandra's Seasonal/Sustainable, Organic, Unprocessed, and Local Food

925.395.4185

[info@ccsoulfood.com](mailto:info@ccsoulfood.com)