



*Low Carb Diabetes Association*

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## **Pumpkin High Fat Treats**

### **Ingredients:**

- 1 Cup pumpkin puree
- 1 Cup unsalted butter
- 1 Cup coconut oil
- 1 Cup heavy whipping cream
- 1 tsp ground nutmeg
- 1 tsp ground cinnamon
- Can use other similar spices if desired, such as allspice, cardamon
- Stevia or other sweetener to taste

### **Directions:**

1. Allow the cream and pumpkin to get to room temperature
2. Melt butter and coconut oil together,
3. Add in the cream using a blender or food processor
4. Add pumpkin and spices and then any sweetener
5. Puree again until equally smooth
6. Pour into any mold or mini-muffin tins and freeze
7. Eat as desired

Food analysis:

182 calories, 1 carb, 20 grams fat, 0 protein