



EASY PUMPKIN FUDGE

By Dr. Cindy Tanzar

Delight in the rich, velvety goodness of Pumpkin Fudge, a creamy and indulgent treat perfect for satisfying your sweet tooth. This recipe combines a base of luscious canned pumpkin and smooth coconut butter (also known as coconut spread) to create a naturally sweet and fiber-rich fudge that stands out from the rest. Enhanced with a touch of liquid stevia for sweetness and a hint of coconut

flour for texture, this fudge is beautifully spiced with cinnamon, ginger, nutmeg, and cloves, culminating in a warm, aromatic flavor profile. A dash of sea salt balances the sweetness, making each bite utterly addictive. Enjoy this delightful fudge as a snack, dessert, or a seasonal treat that embodies the essence of fall!

Makes 20 servings.



INGREDIENTS

- 1 cup canned pumpkin
- 2/3 cup coconut butter - also called coconut spread
- 1/2 tsp. liquid stevia
- 2 Tbs. coconut flour
- 1 Tbs. coconut oil
- 1 tsp. pure vanilla
- 1 tsp. cinnamon
- 1/2 ground ginger
- 1/4 tsp. nutmeg
- 1/8 ground cloves
- dash of sea salt



INSTRUCTIONS

1. Line a loaf pan (8x4) with parchment paper.
2. Stir all ingredients into a small pan, melting over medium-low heat until well combined.
3. Spread mixture into loaf pan and refrigerate until set. Cut into 20 squares.
4. Keep stored in fridge.