

Pumpkin Honey Butter

Namaste Mama
AllRecipes.com

Yield: 1 cup

*1/2 cup honey, strained or
extracted*

1/2 cup salted butter

*3 tablespoons canned
pumpkin with salt*

*1 teaspoon pumpkin pie
spice*

Preparation Time: 10 minutes

Place the butter in a mixing bowl. Whip on high speed with an electric mixer until fluffy, about 1 minute.

In another bowl, stir together the honey, pumpkin and pumpkin pie spice until well mixed. Add the honey mixture to the butter. Whip on high with an electric mixer until the mixture is fluffy and smooth, about 1 minute more.

On a sheet of plastic wrap, form the butter into a roll. Wrap tightly in the wrap.

Chill until firm.

Cut into coins to serve.

Per Serving (excluding unknown items): 522 Calories; trace Fat (0.4% calories from fat); 1g Protein; 141g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 0 Grain(Starch); 0 Fat; 9 1/2 Other Carbohydrates.