

Crock Pot Pumpkin Butter

Prep Time: 15 minutes

Cooking Time: 6 hours

Yields: 3 cups

Prep Notes: none

Category: Healthy Snacks

Source: Beth@ Tasty Yummies

The Ingredients

- 4 cups pumpkin puree or 2-15 ounce cans
- 1 cup raw honey or pure maple syrup
- ½ cup apple juice or apple cider
- 1 teaspoons fresh lemon juice
- 1 tablespoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon ground ginger
- ¼ teaspoon group cloves
- ¼ teaspoon ground allspice
- a generous pinch of sea salt



Directions

- Add all of the ingredients to your slow cooker. Stir very well to combine. Cook on low for approximately 6 hours, or thick (this time may vary based on your slow cooker). You may have to stir it several times throughout the cooking process if it sticks, You don't want it to burn. Every slow cooker is different. You can take the lid off and let it cook longer and it will thicken.
- Add it to your jars or other air tight containers and allow to cool.
- Store in refrigerator for 2-3 weeks or freeze up to one year.