

# HEALTHY LIVING INITIATIVE

## FALL IN LOVE WITH THIS RECIPE



# PUMPKIN BUTTER

### INGREDIENTS

1 (29 ounce can) canned  
pumpkin puree  
3/4 cup apple juice  
2 teaspoons ground ginger

1/2 teaspoon ground cloves  
1 1/2 cups white sugar  
2 teaspoons ground cinnamon  
1 teaspoon ground nutmeg

### DIRECTIONS

Combine pumpkin, apple juice, spices and sugar in a large saucepan; stir well. Bring mixture to a boil.

Reduce heat and simmer for 30 minutes or until thickened. Stir frequently.

Transfer to a sterile container and chill in the refrigerator until serving.



Food | Nutrition | Sustainability

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