
Pumpkin Cheesecake Fat Bombs

1 net carb per serving.



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Servings: 8

1/2 c unsalted butter
8 ozs neufchatel cheese
1/2 c pumpkin, pureed
1/4 c chopped pecans
2 tsps vanilla extract
1 tsp cinnamon
1/2 tsp pumpkin spice
1/8 tsp sea salt
12 drops liquid stevia (or equiv)

(Shared from Maria McWhinnie)

DIRECTIONS

Melt butter over medium high heat, stirring often.

Add pureed pumpkin and continue whisking. Add cream cheese, stevia, pecans and spices. Whisk until smooth, then add vanilla extract.

Mix completely and remove from heat. Line a 9 inch pan or dish with wax paper and pour fudge mixture into the pan.

Sprinkle with more pecans if desired and place in the freezer for 24 hours. When ready to slice, remove by pulling on the wax paper. Cut into serving size pieces.

Store in a container in the freezer until ready to serve.

Per Serving: 227 Calories; 39g Fat (86.7% calories from fat); 11g Protein; 2g Carbohydrate; 1g Dietary Fiber.

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