

# Pumpkin Spice Ice Cream

THM-Friendly: FP and S versions

For FP version - put these ingredients in the blender:

- 1/2 cup + 2 Tbsp. pumpkin puree
- 3 cups nut milk
- 1/2 cup frozen okra
- 2 Tbsp. THM Super Sweet)
- 2 pinches of salt
- 1 tsp. cinnamon
- 1/8 tsp. cloves
- 1/4 tsp. ginger
- 1/8 tsp. nutmeg
- 2 Tbsp. sugar-free maple syrup
- 1 tsp. MCT oil

Blend all ingredients and pour into two Ninja Creami pints. Put the lids on and put in the freezer. After 24 hours, spin the ice cream using the Lite Ice Cream function. Next pour a little nut milk into the middle of the ice cream “flakes” and do the re-spin function.

This recipe was designed for the Ninja Creami, but if you don't have one - you can blend in your blender and freeze in ice cream trays.

Eat it “naked” or even top it with KJ's Fat-Free Caramel sauce.

A serving is one cup.

enJOY!

For S version - put these ingredients in the blender:

- 1/2 cup pumpkin puree
- 1/2 cup half and half
- **2 1/2** cups nut milk
- **2 Tbsp. coconut oil**
- 2 Tbsp. THM Super Sweet)
- 2 pinches of salt
- **2 heaping** tsp. cinnamon
- 1/8 tsp. cloves
- 1/8 tsp. ginger
- 1 tsp. maple extract

Blend all ingredients and pour into two Ninja Creami pints. Put the lids on and put in the freezer. After 24 hours, spin the ice cream using the Lite Ice Cream function. Next pour a little half and half into the middle of the ice cream “flakes” and do the re-spin function.

This recipe was designed for the Ninja Creami, but if you don't have one - you can blend in your blender and freeze in ice cream trays.

Eat it “naked” or even top it with KJ's Fat-Free Caramel sauce.

A serving is 1/2 cup.

enJOY!

