

PUMPKIN TOTS



INGREDIENTS:

1 medium pumpkin, cleaned and seeded
2 Tbsp butter
1/2 tsp ginger
1/2 tsp allspice
1/2 tsp nutmeg
1/2 tsp cinnamon
2 Tbsp Splenda
4 Tbsp Sugar free maple syrup

DIRECTIONS:

Preheat oven to 350 degrees. Cut pumpkin into chunks, peel and rinse. Put them in a baking pan with ½ cup of water and cover tightly with aluminum foil. Allow them to bake for 10 minutes or until they start to soften. Put them in a colander to drain. Mix remaining ingredients in a large bowl. Add drained pumpkin and gently stir to coat it with mixture. Put back in pan and bake uncovered for 15 minutes. Looks and tastes just like sweet potatoes!