

## Pumpkin Spice Syrup for homemade Pumpkin Lattes

Submitted by Amy Zuber-Seguín

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1½ cups water  
1½ cups sugar  
4 cinnamon sticks  
1 tsp. ground nutmeg  
½ tsp. ground ginger  
½ tsp. ground cloves  
3 tbsp. pumpkin puree

Mix water and sugar over medium heat till sugar is fully dissolved. Toss in spices and pumpkin and cook for 5 minutes without letting it boil. (OK- sometimes I forget and it boils, it's still fine.) Let sit and cool for 10-15 minutes (or until you remember) and strain through a mesh colander or cheesecloth. Store in the fridge.

## Crustless Pumpkin Cheesecake

Submitted by Kari Langkamp

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*This recipe was shared with me by Tracie Hittman of itsyourplate.com.*

### *Nutrition:*

Carbs - 14g  
Protein - 4 g  
Fat - 14 g  
Cals - 190

16 oz cream cheese  
¾ C cane sugar  
¼ C milk  
2 eggs  
¼ tsp sea salt  
1 C pure pumpkin (not ready-made pie filling)  
1 tsp pumpkin pie spice

Preheat oven to 350. In food processor, blend the cream cheese and sugar until smooth. Scrape down sides. Add eggs, milk and salt. Process until smooth.

Take 1/3 C of mixture and reserve in a bowl. Then add pumpkin and pumpkin pie spice to the processor and blend until smooth.

Pour pumpkin mixture into a prepared (greased with butter or coconut oil) pie pan. Pour reserved mixture on top and use a knife or spatula to swirl in.

Bake for 30-35 minutes until middle is set but still trembles. (I have had to bake mine a bit longer each time. Cool completely. Refrigerate at least 2 hours or overnight.