

Pumpkin Bites



Full recipe provides 1.94:1 ratio

887 calories, 24.76 grams protein, 16.45 grams net carbohydrates, 6.12 grams fiber, 80.14 grams fat

Per muffin: 74 calories, 2.06 grams protein, 1.37 grams net carbohydrates, .51 grams fiber, 6.68 grams fat

Cream cheese, Philadelphia	75g
Heavy cream	75g
Pumpkin, canned unsweetened	60g
Eggs	45g
Stevia or monkfruit sweetener	1-2g
Vanilla extract	1g
Cinnamon	1g
Almond flour, Bob's Red Mill	50g

Equipment needed: **muffin or mini muffin tin, non-stick spray, medium bowl, whisk, rubber spatula**

1. Gather and weigh all ingredients, preheat oven to 350°F.
2. Add all ingredients into bowl and mix until smooth.
3. Grease muffin tin with non-stick spray (or butter for more fat).
4. Divide evenly into muffin pans—makes approx. 12 each, total batch comes out to 308g.
5. Bake for 12-16 minutes until tops are set, let cool completely, chill in fridge.
6. Remove carefully from baking dish.
7. Enjoy! To increase the ratio further you can top with whipped heavy cream.

When brand names are listed, it is due to the variation of protein, carbohydrate, and fat amounts. Using an alternative brand from what is listed may impact the overall ketogenic ratio and seizure control.



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