

## **Pumpkin Poppers W/ Cinnamon Brown Sugar Dip (A NowICanEatCake recipe)**

### **Get This:**

- 1 ½ c. almond flour
- ½ c. oat flour (process old fashion oats in food processor til fine)
- ½ c. THM brown sugar (or sweetener of choice)
- 1 t. baking soda
- 1 t. baking powder
- 2 t. cinnamon
- ½ t. pumpkin pie spice
- ½ c. half and half
- ½ T. lemon juice
- ½ c. pumpkin
- 2 T. butter, melted
- 1 egg

### **For Dip:**

- ¼ c. heavy cream
- 1 T. THM brown sugar (or sweetener of choice)
- 1-2 t. cinnamon

### **Do This:**

1. In a medium size bowl, combine all dry ingredients; mix well.
2. Preheat donut hole maker or oven (if using an oven preheat to 350°F.)
3. In another bowl, whisk together the wet ingredients.
4. Combine wet and dry ingredients; mix just until combined.
5. Spray donut hole maker or donut pan with non-stick cooking spray.
6. Fill donut hole pan holes to overflowing; close and snap lid closed. If using donut pan, fill to just full.
7. Cook for 8m or until poppers are done. They will not sink in when you try to lift them out when they are done. (I'm not sure how long these will take in the oven. I would start with 10m and go from there).
8. Remove from maker and cool on a wire rack til completely cool.

### **For Dip:**

1. Whip cream til it starts to become thick.
2. Add sugar and cinnamon; beat til thick.
3. Enjoy with pumpkin poppers!

For all my THM friends, these pumpkin poppers are a fabulous S snack/dessert. Please keep your carbs to 10 or less when enjoying these. You could even add a little cream cheese to your dip, which would be delicious! MMmmmm, an idea for next time!