

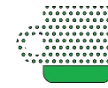


Pumpkin Pie Bug Balls

Serves: 12

Prep: 5 minutes

Cook: 5 minutes



Stack Cup

Ingredients	Metric	Imperial
Kent/japanese/jarrahdale pumpkin, pureed and cooled*	225 g	7.9 oz
Chopped pecans	150 g	5.3 oz
Coconut, desiccated	80 g	2.8 oz
2 tbsp pure maple syrup	53 g	1.9 oz
1 tbsp pumpkin spice mix**	10 g	0.35 oz
2 tbsp pepitas (pumpkin seeds)	23 g	0.8 oz
Extra pumpkin seeds and pretzels for decorating		

Method

1. Process pecans in a food processor until finely chopped – put half aside on a plate.
2. Add pumpkin puree, shredded coconut, maple syrup, pumpkin spice and pepitas to the remaining pecan mixture and process in food processor until well combined
3. Roll mixture into balls (approx. 2 tablespoons per ball) and roll in left over pecan mix to coat
4. Place onto a lined tray in the fridge for 1 hour – can be stored in an airtight container in the fridge for up to a week
5. Add broken up pretzels as spider legs and pumpkin seeds as eyes for a spooky Halloween twist

Hints

*To puree your pumpkin, seed, peel and chop 225g Kent pumpkin and steam. Once soft, puree in food processor until smooth.

**If you don't have access to pumpkin spice mix, simply blend an even mix (~0.5tsp each) of cinnamon, ground ginger, nutmeg and ground cloves.

Recipe adapted from taste.com.au

Nutrition Information (per serve)	
Energy	679 Kj / 162 cal
Protein	2.40g
Carbohydrates	5.10g
Sugar	4.50g
Total Fat	14.40g
Saturated Fat	4.30g
Fibre	2.60g