

# PUMPKIN CHEESEBALL

*Gluten Free, Low Carb / Diabetes Friendly, Lower Sodium*

*Serves: Approximately 16 (Serving= 1/4 cup not including crackers)*

## Nutrition (per serving)

Calories: 133

Total Fat: 9 g

Saturated Fat: 4 g

Sodium: 140 mg

Total Carbohydrate: 8 g

Dietary Fiber: 1 g

Protein: 4 g



## Ingredients

- 2 (8 ounce) packages 1/3 less fat (Neufchatel) cream cheese, room temperature
- 1-1/4 cup canned 100% pure pumpkin
- 1- 8 ounce can crushed pineapple (well-drained)
- 2 ounces lower sodium ham lunchmeat, chopped (check to make sure gluten free for GF version)
- ¼ cup green onion, chopped
- 4 ounces honey roasted almonds, finely chopped

## Directions

1. Using a hand mixer, start to blend cream cheese and pumpkin in a medium bowl on low speed. Change speed to high and mix until well blended.
2. Stir in rest of ingredients, shape into large ball and coat with almonds.
3. Chill until firm. Serve with whole grain crackers (use gluten free for GF version).