

Pumpkin Pie Twists

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****I recommend you watch the video linked below – it was hard to explain some of the steps!****

Makes 11

Blue – 1 – 1 point, 2 – 3 points, 3 – 4 points

Purple- 1 – 1 point, 2 – 3 points, 3 – 4 points

Green – 1- 2points, 2 – 3 points, 3 – 5 points

- ****I recommend you watch the video linked below – it was hard to explain some of the steps!****

Dough

- 1 cup all purpose flour
- 2 tsp baking powder
- 3/4 cup non fat plain greek yogurt
- 2 Tbsp sugar substitute (I use Lakanto Monkfruit)

Filling

- 1/2 cup pure pumpkin puree
- 1/4 cup zero calorie brown sugar substitute (Swerve, Lakanto Golden, Sukrin Gold)
- 1 Tbsp sugar free maple syrup
- 1 1/2 tsp pumpkin pie spice

Topping

- 1 Tbsp light butter, melted
- 1 Tbsp zero calorie sugar substitute (I use Lakanto Monkfruit)
- 1/2 tsp cinnamon

1. Preheat oven to 400

Dough

1. In a large bowl, whisk together flour, baking powder, salt and sugar
2. Add Greek yogurt and mix well.
3. Knead for about 20 seconds
4. On a piece of parchment paper that has been sprayed with non stick spray, roll out dough into a 12w x15L rectangle. Take your time!
5. Cut the dough down the middle width wise
6. Set aside

Filling

1. In a medium bowl, mix pumpkin, brown sugar, syrup, pumpkin pie spice.
2. On half of the dough, spread the filling. Spread it all the way over to the edges



3. Now flip the plain side over onto the filled side (see video!). Peel off parchment paper
4. Cut the dough into 11 equal strips.



5. Twist the end of each dough piece. Transfer to a parchment lined baking sheet with a thin spatula.
6. Bake for 20-21 minutes in a 400 degree oven.
7. Let cool on wire rack for about 10 minutes. Proceed with topping.

Topping

1. Melt butter.
2. Mix 1 Tbsp sugar and 1/2 tsp cinnamon in a small bowl.
3. Brush each twist with melted butter and sprinkle with sugar and cinnamon.
4. Serve with some whipped cream!
5. I highly recommend watching the video below – parts of this were very hard to explain!