



# DIY Pumpkin Pie Spice

Try this super easy Pumpkin Pie Spice recipe! Make it at home with spices you already have in your pantry! You can use this in pumpkin muffins or Keto friendly waffles.

## Recipe:

- 2 T Cinnamon
- 2 tsp Nutmeg
- 2 tsp Ginger
- 1 tsp Cloves
- 1 tsp Allspice

Mix together and store in a glass jar. We use our 8oz Mason Jars!

## The Keto Dad Tips and Tricks:

- Use in muffins or keto friendly waffles.
- Store in container at room temperature for up to 1 year.
- This is a great replacement instead of store bought!
- Majority of the carbs come from the cinnamon.



Makes 4 Tablespoons. Macros are per tablespoon.

Calories: 12, Fat: 0, Carbs: 4, (Net Carbs 4), Protein: 0

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