



PUMPKIN PIE

2Tbsp unflavored gelatin
¾ cup water
1 cup boiling water
¾ cup maple syrup or brown sugar
1 cup raw cashews
2 tsp cinnamon
½ tsp salt
6 ice cubes
2 cups cooked pumpkin or baked yams

1. Place gelatin and ¾ cup water in a blender and soak for 1 minute.
2. Pour 1 cup boiling water over soaked mixture and blend briefly to dissolve gelatin.
3. Add brown sugar or maple syrup, cashews, cinnamon and salt to blender and liquefy until creamy.
4. Add ice cubes to the blender until the mixture reaches the 1 quart mark. Blend until smooth.
5. Add pumpkin and blend until smooth.
6. Pour blended mixture over your favorite baked crumb crust.
7. Let stand until set in the refrigerator.

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BAKED PUMPKIP PIE

½ cup cashews
¾ cup water
1 cup pitted dates
1 cup boiling water
1 ½ cups pumpkin puree
¼ cup arrowroot
¼ cup honey
2 tsp ground coriander
1 tsp vanilla
½ tsp orange extracts (optional)
½ tsp salt
1 unbaked pie shell

Preheat oven to 350 degree.

Place cashews and ¾ cup water in blender and blend until very creamy. Remove from blender and place in bowl.

Put dates in blender. Pour boiling water over them and let stand while you assemble the remaining ingredients. Blend dates thoroughly.

Add pumpkin and liquefied cashews and blend. Add arrowroot, honey, coriander, extracts, and salt; blend again.

Pour filling into unbaked pie shell. Bake for 1 hour or until pie is almost set in center.

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