

No-Bake Pumpkin Pie

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

Crust

- 12 soft medjool dates
- 2 cups pecans
- 3/4 cup unsweetened shredded coconut
- 3 tbsp cinnamon

Top

- Top
- 2 cups cashews. Soak in water for a few hours or overnight.
- 1/4 cup melted coconut oil
- 1 tsp vanilla
- 1 1/4 cup roasted pumpkin (instructions below)
- 1/4 cup maple syrup or honey
- Ground Spices: 3 tsp cinnamon, 1/2 tsp cloves, 1 tsp ginger

Instructions:

1. Discard the water the cashews were soaked in and rinse them.
2. To make the bottom, place the dates, pecans, shredded coconut and cinnamon in a food processor or blender and blend away until it forms a smoother texture, but still a bit crumbly.
3. Press this mixture into a 9" spring form pan (if you don't have this size, just remember the smaller the pan the thicker the crust and the larger the pan the thinner the crust). Place it in the freezer and chill while you prepare the pie filling.
4. To make the filling, place the soaked cashews, coconut oil, vanilla, pumpkin, honey or maple syrup and spices in a food processor or blender and blend until smooth.
5. Remove the chilled bottom from the freezer and top with the pumpkin pie filling.
6. Cover and refrigerate or freeze, several hours or overnight.
7. If you've frozen the pie overnight you may need to let it thaw a couple of hours in the fridge.
8. Enjoy!

Notes:

Serves 8 Roasted pumpkin 1 small pumpkin, cut into large chunks as per photo above (they are usually labelled as "pumpkin pie" pumpkins at the grocery store) Preheat oven to 375F degrees. Place pumpkin in a baking dish with a lid and fill the bottom with 1/4 inch water. Bake for 35 to 45 minutes until pumpkin is fork tender. Once it's cooked it will easily

fall off the skin. You can puree it in a food processor to make it easier to measure the amount needed for the pie. Alternatively, if you're crunched for time you can buy organic canned pumpkin puree. Of course, roasting it yourself tastes much better is more nutrient-dense.