

Autumn Pumpkin Pie (Raw)

from Ani Phyo's book, Ani's Raw Food Kitchen

Crust

- 1/4 cup sunflower seeds
- 1 3/4 cup pumpkin seeds
- 1/2 teaspoon sea salt
- 1 cup pitted dates (medjool dates are more moist)

Process sunflower seeds into a fine powder in your food processor. Use this to "flour" the bottom of your pie dish.

Process pumpkin seeds and salt into a coarse meal. Slowly add 1 cup dates to make your dough. Press into pie dish. Set aside.

Syrup

- 1 cup pitted dates
- 1 1/4 cup water

Blend 1 cup dates with water until smooth. Set aside.

Filling

- 4 cups pumpkin, peeled, seeded, cut into 1-inch cubes (about 1.5 pounds whole, before peeled)
- 2 teaspoons ground cinnamon
- 1 Tablespoon psyllium powder

Process small batches of cubed pumpkin and cinnamon into a puree.

Slowly add in the syrup. Process until completely smooth.

Place pumpkin filling into a bowl and hand mix in psyllium powder really well.

Scoop filling into pie crust.

Will keep for four days in the refrigerator.