





Raw Vegan Low-Fat Pumpkin Pie:

Crust:

- 2 cup dried mulberries
- 1 cup medjool dates
- ½ tbsp cinnamon

Filling:

- 3 cups raw pumpkin, skin removed and cubed
- 1.5 cups dates
- ¼ tsp fresh ginger
- 1 tsp pumpkin pie spice
- ¼ tsp cinnamon
- ¼ cup cashew cream (blend 1 cup raw cashews with 1 cup water and use 1/4 cup of this mixture)

The crust should be food processed until it is all combined and should be crumbly and dough like. Press this into a springform or pie pan lined with wax paper.

Blend all filling ingredients until smooth. Pour onto crust and smooth out with a spatula or the back of a spoon. Let this freeze in the freezer for at least 4 hours. Take out 15-30 minutes before serving.

*This pie is eaten cold.