



cara price

NO BAKE PUMPKIN PIE

INGREDIENTS

crust

- 1 cup pecans
- 12 large medjool dates, pitted
- 2 tablespoons almond butter
- 1 teaspoon vanilla

pie filling

- 1 can full fat coconut milk
- 1 can pumpkin puree (no added ingredients)
- 12 large medjool dates, pitted
- 2 tablespoons grass-fed gelatin
- 2 tablespoons honey
- 2 teaspoons cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/8 teaspoon allspice

DIRECTIONS

make the crust first: place the pecans & dates in a food processor & process until very fine crumbles. add in almond butter & vanilla & process again until it forms a lump of "dough".

press the crust into the bottom & up the sides of a standard pie plate, then set aside. (this is best done with a sheet of parchment paper placed on top of the crust dough).

to make the filling: place 1/4 cup of the coconut milk into a small bowl. sprinkle the gelatin on top of it & immediately whisk together. allow it to rest while you mix the other ingredients (at least 5 minutes).

add the remaining ingredients for the pie filling into the jar of a high speed blender. blend on high for 60 seconds. add the gelatin mixture into the blender & blend another 45-60 seconds, making sure the filling is completely smooth.

pour the filling into the crust & refrigerate 4 hours before serving.