

Herbal Legacy Recipes

Raw Pumpkin Pie

If it's not autumn and you can't get your hands on a fresh pumpkin you can use butternut squash or sweet potato.

Raw Pumpkin Pie Crust

- 2 cups pecans or walnuts
- 1/2 cup soaked dates
- Dash of sea salt

Blend the crust ingredients in a high speed blender or food processor, then evenly distribute in the bottom of a pie plate.

Raw Pumpkin Pie Filling

- 2 cups shredded pumpkin, butternut squash, or sweet potato flesh
- 1 cup soaked dates
- 1/2 cup soaked, washed Irish Moss*
- 2 tsp. cinnamon
- 1 tsp. freshly diced ginger
- 1 tsp. nutmeg
- 1 tsp. coconut oil
- Dash of vanilla
- 1/4 cup almond milk or water to help blend



DIRECTIONS:

1. If you don't feel like shredding the pumpkin by hand, simply cube and place in a high speed blender or food processor until it's nicely chopped.
2. Then add the rest of the ingredients and blend until nice and smooth. You might need to add more liquid to get it to blend well.
3. Pour into crust, then chill in the refrigerator for 30 minutes before serving. This dessert might not seem overly sweet, but trust me when I say it can rival even the most traditional of pumpkin pies.

*What is Irish Moss?

Don't worry if you don't have Irish Moss, just skip this ingredient and put your pie in the freezer before serving. Irish Moss helps the whole pie gel together better, because it is a fiber like seaweed product that blends well. Irish Moss is full of super gentle fiber, it's got great mineral content because it's seaweed and it makes for great looking pies!

Make sure to wash the Irish Moss thoroughly to remove any sand or salt. Otherwise you'll get a crunchy salty pumpkin pie, which is not exactly what we're going for here!

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