

Pumpkin Pudding

Vegan, gluten-free, grain-free, soy free, refined sugar-free

Ingredients:

½ cup small pearl tapioca pudding
1 cup raw cashews
1 ¼ cups of water
2 cups water
½ cup maple syrup or agave nectar
2 cups baked sugar pie pumpkin or other winter squash
2 tablespoons lemon juice
2 teaspoons vanilla
½ teaspoon sea salt
½ teaspoon cinnamon
¼ teaspoon nutmeg
Pinch ground cloves

Directions:

1. Place the water and tapioca pearls in a 3 or 4-quart pot and let soak 1hr.
2. Place cashews, water, and maple syrup in a blender. Blend on high for 1-2 minutes or until smooth and creamy. Add pumpkin, lemon juice, vanilla, sea salt, and spices; blend for another 1-2 minutes, or until smooth and creamy.
3. Add mixture to the pot of soaked tapioca pearls and whisk together. Bring to a boil while stirring. Then turn heat to low and simmer, stirring frequently for approx. 15 minutes or until pudding has thickened and tapioca pearls are translucent.
4. Pour into small serving bowls and chill in the refrigerator. Pudding will thicken as it cools.