

Raw Pumpkin Pie for Thanksgiving!



Crust ingredients:

- 1 1/2 cups macadamia nuts (or walnuts or pecans)
- 1/2 cup dates
- 1/4 cup dried, unsweetened coconut
- 1/8 teaspoon sea salt

Pumpkin pie filling:

- 2 cups cashews
- 1 cup chopped pumpkin
- 1 cup chopped carrots
- 1/2 cup coconut oil
- 1/2 cup honey or agave nectar
- 1/2 cup water
- 1 tablespoon vanilla
- 1/4 teaspoon sea salt
- 1 teaspoon cinnamon
- 1/8 teaspoon allspice (optional)
- 1/8 teaspoon ground cloves (optional)

Directions

- First, make the crust in your food processor:
- 1. Place crust nuts in food processor. Process until crumbly. Add dates, coconut and salt. Process again until well-processed but still airy. Pinch between fingers. Sticks together? Ready.
- 2. Dump pie crust mixture into pie plate. Press crust down firmly into pie plate. Form into crust. Press down firmly. Crust is now ready. (Set aside.)
- Next, make raw pumpkin pie filling:
- 3. Throw all pumpkin pie filling ingredients into your high-speed blender and blend from low to high until very, very silky smooth! (Try not to add any additional water other than what is called for. If it isn't blending properly, stop blender. Remove lid. Insert knife down side of blender – create air pocket. Remove knife, put lid back on, continue blending.)
- 4. Pour pumpkin pie filling into pie dish on top of crust. Smooth out top of pie with a knife or back of spoon. Cover with a lid or plastic wrap.
- 5. Place completed pie in freezer. Freeze for at least 4 hours.
- 6. Keep in freezer at all times. If serving, slice immediately as needed and eat frozen. Tastes like real pumpkin pie – raw style!

Shared from our good friends over at The Rawtarian Blog <http://www.therawtarian.com/raw-pumpkin-pie-recipe>