

Raw Pumpkin Pie

Looking at the growing interest in raw preparations, we thought – in accordance with the season – it would be of interest to some to offer a RAW PUMPKIN PIE RECIPE. We have tried it and are absolutely fascinated by the results. Everything is raw, both the filling and the crust. Fancy that!

How to do it (all ingredients available at Pfenning's Organic):

CRUST

- SOAK 2 cups nuts (Brazil, walnuts, etc.)
- DRAIN well
- 1 - 1 ½ cups dates
- BLEND both nuts and dates and form into crust

FILLING

- PEEL ½ pie pumpkin, CHOP into chunks
- ADD ½ cup SOAKED raisins, KEEP reserve water
- ADD small bit of maple syrup and 1 tsp grated ginger
- ADD ¼ tsp cloves, 1 tsp nutmeg, 2 tsp cinnamon
- ADD 2 cups almonds and ¼ orange with the rind
- ADD raisin water as needed and 3-4 tblsp coconut oil
- PURÉE everything in food processor

REFRIGERATE a bit and put on crust. Voilà!