

Vegan Pumpkin "Cheese"cake

Melissa Costello – Karma Chow

CRUST

2 c. walnuts nuts or pecans

½ c. dried coconut

¼ c. agave nectar

¼ tsp sea salt

FILLING

cashews, soaked for 4 hours

1 can pureed pumpkin or 1-1/2 cups raw pureed pumpkin

3 TBS. coconut oil, melted

3 TBS Lemon juice

½ c. agave nectar

3 TBS coconut water or coconut milk

1 tsp vanilla extract

2 tsp cinnamon

½ tsp nutmeg

¼ tsp cloves

1 tsp ground ginger

TO make crust:

In food processor, pulse walnuts, agave and coconut together until sticky. Press into a 9-inch spring form pan.

TO make filling:

In a blender blend all filling ingredients together until smooth and creamy. If mixture is too thick, add a bit more coconut water. Pour into crust and freeze for 1-2 hours until firm. Slice while frozen and defrost for 1 hour before serving.



2 c.