

Pumpkin Cream Pies



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Published : December 16th 2016

Prep Time : 5 Minutes

Cook Time : 15 Minutes

Total Time : 20 Minutes

Tools

- Food processor
- Pie pan
- Blender

Base Ingredients

- 1 cup oats
- 1 cup mulberries
- 10-15 dates (soaked 1 hour if using dried dates)
- 1 tsp cinnamon

Filling

- 1 can of pumpkin

Cream Frosting

- 1/2 cup cashews (soaked overnight)
- 1/2 cup water
- 1/2 tsp vanilla extract
- 6 dates (soak with cashews if using dried)

Toppings

- 2 tbsp chopped nuts
- 2 tbsp coconut flakes

Instructions

1. To make the base, combine your oats, mulberries and cinnamon in a food processor and start processing on low, slowly add in the dates until you get a cookie dough like consistency.
2. Press the dough into a pie pan as firmly as you can making sure to cover the sides as well. Add in your canned pumpkin.
3. Next take your frosting ingredients and process in the blender until very smooth (1-2 minutes).
4. Drizzle over the pie and the sprinkle on your chopped nuts/coconut flakes. Transfer the pie to the fridge to set and once ready to eat, cut and serve.

Full Recipe Link

www.rawtillwhenever.com/healthy-vegan-christmas