

cinnamon pumpkin pudding

ingredients

2 C carrot juice
2 C cashews
 $\frac{3}{4}$ C agave
 $\frac{1}{4}$ C coconut oil
1 tsp. vanilla
1 T cinnamon
2 tsp. ground ginger
 $\frac{1}{2}$ tsp. ground nutmeg
 $\frac{1}{4}$ tsp. ground cloves
 $\frac{3}{4}$ tsp. salt

directions

Blend everything in a blender until it is as smooth as cream. The mixture will be quite liquid. Place pudding in the fridge to set-up.

When serving, add a few pumpkin seeds to the top and a sprinkling of cinnamon as a garnish.



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