

Pumpkin Pie Pudding

By: The Jaroudi Family

Serves 2

Ingredients:

3 ½ cups cooked pumpkin (850 g)
1 ¾ cup cooked sweet potato (425 g)
¼ cup plant milk, unsweetened
2 large pitted dates
2 tsp ground Ceylon cinnamon
½ tsp ground ginger
¼ tsp ground cloves

Directions:

- 1.) In a high-speed blender add all ingredients and blend until smooth.
- 2.) Refrigerate the pumpkin pie pudding until chilled and enjoy.