



Simple | Healthy | Delicious

Pumpkin Pie

INGREDIENTS

4 tablespoons Raw Goodness® chia
14 oz mashed pumpkin (make it yourself or from a can, but make sure it's unspiced and unsweetened, we'll do that!)
1 avocado, soft
3 tsp pumpkin pie spice or
2 tsp cinnamon and 1/3 tsp each: nutmeg, cloves, ginger, allspice or as desired.
3/4 cup maple syrup
1 tsp. salt
1 tsp. vanilla
1 tablespoon coconut oil



DIRECTIONS:

1. Pre-heat oven to 400°.
2. Mix Raw Goodness® chia with maple syrup and 1 tablespoon water, stir, set aside. (if you like things sweeter, use up to 1 cup of maple syrup).
3. Place all other ingredients in bowl and whip preferably with hand mixer.
4. Whip in chia, which has set for at least 10 minutes.
5. Place in pre-baked pie shell (see our recipe for gluten-free, vegan crust).
6. Decorate if desired with pecans or anything you like.
7. Bake for 50 minutes.