



"Pumpkin Pie Pudding"

with whipped soy topping & walnuts...a taste of Autumn!

- from Denise's Kitchen

Ingredients:

1 (15 oz) can of organic pumpkin puree
1 1/2 cups of unsweetened Silk vanilla almond milk
3 heaping tbsp of organic maple syrup
1/3 heaping cup of organic brown sugar
2 tsp of organic pumpkin pie spice
3 tbsp of organic corn starch
Organic whipped soy topping
Organic walnut pieces

Directions:

Whisk together the pumpkin, almond milk, maple syrup, brown sugar, pumpkin pie spice & corn starch in a small saucepan. Continue to whisk as it simmers over medium heat and thickens (6-8 minutes). Remove from heat & portion into 4 individual serving cups (as shown in photo). Chill in your refrigerator for 1 to 2 hours until pudding is firm. Crown with whipped topping & walnut pieces before serving. Easy as pie!