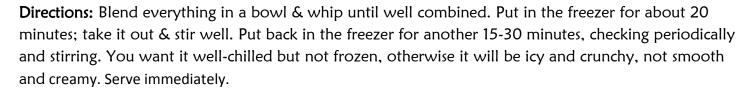
## Vegan Pumpkin Froyo

[ Recipe adapted from Cheap & Simple Vegan Recipes ]

- 1 cup cooked pumpkin puree
- 1 cup plain soy yogurt
- 1/4 teaspoon ground cinnamon
- A pinch of ginger
- A dash of pumpkin pie spice
- 1/2 teaspoon liquid vanilla stevia (or you could try a different sweetener-liquid stevia is very concentrated sweet, so if you're using something else, adjust amount to your taste preferences such as "Pyure" sweetener.)



http://www.theskinnyconfidential.com/2012/10/03/delisshhhhh-vegan-pumpkin-froyo/

## **Pumpkin Spice Smoothie by Kris Carr**

This smoothie is creamy and light. Not only will it add extra fiber to your day, but having pumpkin in the morning will keep you fuller, longer!

## **Ingredients**

- 1 cup non-dairy milk I used <u>unsweetened almond milk</u>
- ½ cup canned pumpkin
- ½ banana
- 1 tablespoon raisins or ½ teaspoon maple syrup
- ½ teaspoon gluten-free, alcohol-free pure vanilla extract
- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- pinch ground nutmeg
- pinch ground cloves
- pinch all spice
- <u>vegan coconut whipped topping</u> I used 2 tablespoon honey and omitted the vanilla in this batch (optional)



