

Live Cooking with La Plantrona



Pumpkin Sorbet

8 servings

Measurements:

- 2 cups raw unsalted cashews
- 1 (15-ounce) can unsweetened pumpkin puree
- 1 can full-fat coconut milk
- 1/2 cup pure maple syrup
- 1/2 cup honey
- 1/3 cup melted coconut oil
- 1 tablespoon vanilla extract
- 2 teaspoons pumpkin pie spice
- 1.5 teaspoon ground cinnamon
- 1/4 teaspoon fine salt

Cooking Tools

- measuring cups
- mixing bowl
- food processor or blender
- refrigerator & freezer

Notes:

- Aim to use organic ingredients, the quality of your health matters!
- REFRIGERATE COCONUT MILK OVERNIGHT (only use the solid white coconut cream that floats to the top)
- Substitute honey with maple syrup
- Substitute pumpkin spice with nutmeg & allspice