



# FORKS OVER KNIVES™

## **Almost Instant Pumpkin Pudding | by Chef AJ**

Photo by [Eco-Vegan Gal](#)

Makes 4 servings



1 cup unsweetened almond milk  
2 cups pumpkin (not pie filling)  
1 banana  
2/3 cups pitted dates  
1 tablespoon alcohol free vanilla  
1 tablespoon pumpkin pie spice  
6 tablespoons chia seeds

### ***Instructions:***

Place all ingredients in blender except for chia seeds and blend until smooth. Add seeds and blend again, adding more milk if necessary to achieve a vortex. Pour into 4 bowls and cover with Saran, chill several hours or overnight. Dust with cinnamon before serving.