



Makes 4 servings

Preparation Time: 15 minutes

Cook Time: 15 minutes

INGREDIENTS:

1 cup unsweetened almond milk

2 cups canned pure pumpkin

1 banana

$\frac{2}{3}$ cups pitted dates

1 tablespoon alcohol free vanilla

1 tablespoon pumpkin pie spice

6 tablespoons chia seeds

Ground cinnamon, for garnish

Almost Instant Pumpkin Pudding

Who needs to bake a pumpkin pie when you can have the taste of pumpkin pie in just minutes? This pudding is so easy and delicious you will want to make it all year round! For an extra festive presentation, you can add a stick of cinnamon to each glass before serving.

By Chef AJ

- 1** Place all ingredients in blender except for chia seeds and blend until smooth.
- 2** Add seeds and blend again, adding more milk if necessary to achieve a vortex.
- 3** Pour into 4 bowls and cover with Saran Wrap, chill several hours or overnight.
- 4** Just before serving, lightly sprinkle ground cinnamon over each pudding.