

VEGAN EASY PUMPKIN MOUSSE

By Dr. Cindy Tanzar

This recipe is best made a day ahead of time. The flavors meld together better and the texture becomes firmer. Makes 4 servings.



INGREDIENTS

1 cup coconut cream, refrigerate can overnight to separate cream from water
1/2 cup canned pumpkin
2 1/4 - 2 1/2 tsp. pumpkin pie spice
Liquid stevia drops, to taste (vanilla stevia is good, too)

Toppings:

Toasted pecans
Toasted coconut flakes
Coconut whipped cream

INSTRUCTIONS

Carefully scoop out the coconut cream in the can that has separated from the water into a medium bowl. Be careful not to shake the can. The cream will be runny otherwise (I have found, recently, less cream in these cans and more water, so may need 2 cans or cut recipe in half.)

Add the pumpkin, pumpkin pie spice and stevia. Whip with a mixer until fluffy and smooth. Adjust sweetener to your liking.

Depending on your particular can of coconut cream, If harder lumps of cream remain with mixing, you may need to let it sit out to soften, then beat.

To make coconut whipped cream:

Refrigerate one can of coconut milk or coconut cream overnight. Scoop out the solid cream only into a mixing bowl. Add 2 teaspoons vanilla and liquid Stevia to taste. Whip smooth with a hand mixer.

Pure coconut milk/cream whips much better than many of the brands today that are now adding guar gum as a thickener. If you're ever around a Trader Joe's, you can still pick up the pure stuff!