

## 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.)



**Directions:** Blend everything in a bowl & whip until well combined. Put in the freezer for about 20 minutes; take it out & stir well. Put back in the freezer for another 15-30 minutes, checking periodically and stirring. You want it well-chilled but not frozen, otherwise it will be icy and crunchy, not smooth and creamy. Serve immediately.

<http://www.theskinnyconfidential.com/2012/10/03/delishhhhhh-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 [unsweetened almond milk](#)
- ½ cup [canned pumpkin](#)
- ½ banana
- 1 tablespoon raisins or ½ teaspoon [maple syrup](#)
- ½ teaspoon [gluten-free, alcohol-free pure vanilla extract](#)
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground ginger
- pinch ground nutmeg
- pinch ground cloves
- pinch all spice
- [vegan coconut whipped topping](#) - I used 2 tablespoon honey and omitted the vanilla in this batch (optional)

