



Body and Soul Nourishment

Inspiration for a Healthy Lifestyle

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Pumpkin Cheesecake and Ginger Snap Trifle (Vegan)

Makes 6-8 servings

¾ cup Pumpkin Puree or organic canned pumpkin
½ cup cashew butter
1 Tsp Vanilla extract
1 Tsp Cinnamon
¼ tsp Ginger
1/8 tsp Cloves
3 Tbsp pure maple syrup
Dash of sea salt
GF gingerbread cookies

Place all ingredients into food processor and blend until completely smooth. Prepare the coconut whipped cream.

Begin layering your trifle by first layering the GF gingerbread cookies, then pumpkin cheesecake, then coconut whipped cream, more crumbled cookie, pumpkin cheesecake and whipped cream

Top with crumbled cookie and maybe some pumpkin spice.

Coconut Whipped Cream

1 Can Coconut Cream or Milk
1 Tbsp Vanilla Extract

Place can of coconut milk in the refrigerator overnight to separate the coconut cream from the oil. OR just refrigerate the coconut cream.

Open can and scrape only the thick coconut cream from the top half of the can. Place in food processor or use a hand held mixer. Whip until it is the consistency of whipped cream. Stop occasionally to scrape down the sides.

Top your cheesecake with this non dairy cream!