



Pumpkin Ice Cream

By Vitacost Blog

Ingredients

1 can **organic pumpkin**

¼ cup **coconut milk**

¼ cup **almond butter**

1-1/2 tsp. **pumpkin pie spice** (or mix together **cinnamon** and **nutmeg**)

½ to 1 tsp. **liquid Stevia** (depending on desired sweetness)

Ice cubes

Directions

1. Combine all ingredients in a food processor or high-speed blender and blend until smooth.
2. Transfer to bowl and place in freezer for 30 minutes or until well chilled. Spoon into serving dishes and serve.

The Balanced Body Center

(704) 849-9393 www.knowbalance.com