Pumpkin Pie Smoothie

yield: 4 cups

**Ingredients**
2 cups almond milk  
1/2 cup rolled oats  
2 tbsp chia seeds  
1 cup canned pumpkin  
1/2 tbsp blackstrap molasses  
1 frozen ripe banana  
2 tsp cinnamon  
1/2 tsp ground ginger  
1/4 tsp ground nutmeg  
1.5-2 tbsp pure maple syrup  
Coconut Whipped Cream, for garnish (see attached recipe)

**Directions**
1. In a medium-sized bowl whisk together the milk, oats, and chia seeds. Place in fridge for 1 hour or preferably overnight.
2. Add soaked oat mixture to blender along with the pumpkin, molasses, frozen banana, and spices. Blend until smooth. Add about 5 ice cubes and blend until ice cold.
3. Add maple syrup to taste. Suggested starting point: 1.5 tablespoons.
4. Serve with Coconut Whipped Cream and a sprinkle of cinnamon on top!

Recipe from: [http://ohsheglows.com](http://ohsheglows.com)
Coconut Whipped Cream

Directions

1. **Grab a can of full-fat can coconut milk (without guar gum listed as an ingredient)** – Guar gum prevents the cream from separating from the rest of the coconut milk. The can must also be full-fat because you will be whipping the solid cream. Do not use light coconut milk because it won’t turn out (it doesn’t have enough cream).

2. **Place can in the fridge overnight.** This is another crucial step. You need to chill the coconut cream until it’s very firm. Without proper chilling, the coconut milk may not adequately separate and will result in watery whipped cream. I like to keep at least a couple cans in the back of my fridge just in case I need a quick whipped cream for a recipe. Then you always have to wait overnight to use it. Just before you make your whipped cream, **place a mixing bowl in the freezer for 5 minutes or so.** This helps keep everything cold. You can also put the beaters in the freezer too, but it’s not necessary.

3. **Remove the chilled can from fridge and FLIP it upside down.** Why flip it upside down? The liquid coconut milk (the part that doesn’t harden) will now be at the top of the can.

4. **Open the can.** See the liquid at the top? You won’t be whipping this part.

5. **Pour the coconut liquid into another bowl.** You should have just under 1 cup of liquid, but this yield will vary a bit by brand and even by can. Don’t throw it away – I like to use it in smoothies along with mango, kale, banana, and chia for a fun tropical smoothie. You can also use it in baking and cooking. As you can see below, you are left with only the hardened coconut cream! This is exactly what we want to use to make our coconut whipped cream.

6. **Scoop the coconut cream into your chilled bowl.**

7. **Whip the cream.** Grab a hand mixer (alternatively, you can do this in a stand mixer – just chill the bowl first) and whip the cream until fluffy.

8. **Add in a touch of sweetener and vanilla extract and whip it again.**
You can use regular cane sugar or even a touch of maple syrup. I find 2-3 teaspoons usually does the trick for my taste buds. I also like to add about 1/4-1/2 tsp pure vanilla extract or a vanilla bean.

How to use:
You can use this whipped cream just like regular dairy whipped cream. I like to use it in desserts & frostings, it’s amazing over a simple bowl of fruit or pancakes, or oatmeal. You can even spoon a bit on top of a pie or fruit crisp or stir some into a bowl of banana soft serve. The options are really endless! Have fun making different kinds of flavors. If making a whipped frosting, I suggest storing the decorated cake/cupcakes in the fridge until ready to serve.

Storing:
Have leftovers? You can easily store it in the fridge for at least 1.5 weeks (probably longer) in a sealed container. It will firm up a bit more in the fridge. Simply scoop it into a bowl and re-whip it when you need it.