



trifit

health. energy. performance.

Chocolate Dipped Pumpkin “Cheesecake” Pops

These devilishly delicious no-bake vegan treats will satisfy your sweet tooth. A special treat to celebrate the ghoulish season!

INGREDIENTS

1 ½ cup (375mL) raw cashews, soaked overnight*
½ cup (125mL) maple syrup
1 cup (250mL) canned pumpkin puree (not pie filling)
¼ cup (65mL) coconut oil, melted
1 Tbsp (15mL) pumpkin pie spice
¼ tsp (1mL) salt
1 tsp (5mL) vanilla
24 candy skewers or thick wooden skewers
10 oz (283g) semi-sweet chocolate, chopped
¾ cup (180mL) finely chopped pecans

DIRECTIONS

Blend soaked/drained cashews in a food processor or high-powered blender until a smooth paste forms.

Add maple syrup, pumpkin, coconut oil, pie spice, salt and vanilla. Continue to blend until smooth. Pour the pumpkin mixture into a pie plate. Place in the freezer for one hour, or until mixture is firm. With a rounded tablespoon, scoop filling and form into balls. Place onto a sheet pan lined with wax paper and return to the freezer until very firm (at least one hour).

Melt chocolate in a heatproof glass bowl set over a pot of simmering water. Stir the chocolate gently until smooth then remove from heat.

Place chopped pecans onto a plate. Insert a skewer into the centre of each ball and dip into the chocolate allowing the excess to drip off. Dip the bottoms of each ball into the pecans then place back onto the sheet pan, pecan side down, skewer standing straight up.

Place all coated/dipped balls back into the freezer until ready to serve.

Source: Recipe adapted from www.thesweetlifeonline.com