



Chocolate Pumpkin Vegan Pots de Creme



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



92 kcal

DESSERT

Ingredients

- ☐ 30 ml arrowroot starch
- ☐ 240 ml pumpkin puree homemade canned
- ☐ 2.5 ml ground cinnamon
- ☐ 30 ml maple syrup
- ☐ 30 ml vanilla rice milk plain
- ☐ 1 pinch sea salt fine
- ☐ 20 drops vanilla stevia plain
- ☐ 55 g chocolate unsweetened

- ☐ 5 ml vanilla extract pure
- ☐ 3.5 ml xanthan gum

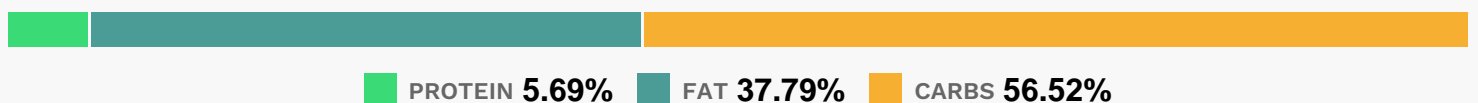
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ blender

Directions

- ☐ In the bottom of a medium-sized pot, whisk together the rice milk and agave or maple syrup.
- ☐ Add the starch and whisk until smooth and there are no lumps.
- ☐ Mix in the pumpkin until smooth.
- ☐ Add the coconut milk, salt and cinnamon.
- ☐ Heat the mixture over medium heat, stirring constantly, until it begins to bubble and thicken; continue to cook, stirring, for one minute and remove from heat. Stir in the vanilla, stevia and chocolate; allow to sit 30 seconds, then stir again until the chocolate is melted and completely blended.
- ☐ Pour into a bowl and allow to cool to room temperature, stirring once or twice during the first five minutes (this will help prevent a "skin" from forming on top; if one develops anyway, don't worry too much, as everything will be blended later). Once the mixture has cooled, pour it into a blender and add the xanthan gum. Blend on high until well combined and smooth, then return to the bowl. (It may appear quite liquid at this point—this is fine). Refrigerate overnight or at least 6 hours before spooning or piping into serving dishes; garnish with cacao nibs or shaved chocolate, if desired. The mousse will be soft but should hold a shape. Store, covered, in refrigerator up to 4 days. Freeze leftovers to make pots de ice cream!

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:2.9, Inflammation Score:-10, Nutrition Score:9.8882607584414%

Flavonoids

Catechin: 5.9mg, Catechin: 5.9mg, Catechin: 5.9mg, Catechin: 5.9mg Epicatechin: 13mg, Epicatechin: 13mg, Epicatechin: 13mg, Epicatechin: 13mg

Nutrients (% of daily need)

Calories: 91.7kcal (4.58%), Fat: 4.98g (7.67%), Saturated Fat: 3.03g (18.93%), Carbohydrates: 16.76g (5.59%), Net Carbohydrates: 13.27g (4.82%), Sugar: 4.95g (5.5%), Cholesterol: 0mg (0%), Sodium: 29.85mg (1.3%), Alcohol: 0.25g (100%), Alcohol %: 0.47% (100%), Caffeine: 7.33mg (2.44%), Protein: 1.69g (3.38%), Vitamin A: 6447.77IU (128.96%), Manganese: 0.53mg (26.56%), Copper: 0.34mg (17.21%), Fiber: 3.49g (13.98%), Iron: 2.22mg (12.33%), Magnesium: 39.97mg (9.99%), Vitamin K: 8.69µg (8.28%), Zinc: 0.96mg (6.43%), Phosphorus: 53.21mg (5.32%), Potassium: 166.66mg (4.76%), Vitamin E: 0.53mg (3.54%), Vitamin C: 2.55mg (3.09%), Calcium: 25.92mg (2.59%), Vitamin B2: 0.04mg (2.36%), Folate: 9.15µg (2.29%), Vitamin B1: 0.03mg (1.95%), Vitamin B6: 0.04mg (1.88%), Vitamin B5: 0.19mg (1.86%), Vitamin B3: 0.32mg (1.58%), Selenium: 1µg (1.43%)