



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Pumpkin & Chickpea Cheesecake

Pumpkin cheesecake takes the best of two famous desserts- cheesecake and pumpkin pie- and turns them into one delicious fall indulgence. This rendition comes with less guilt thanks to a bevy of healthy ingredient swaps!



INGREDIENTS

Base

- 100g sunflower oil
- 200g chickpea flour
- 200g caster sugar

Pumpkin Layer

- 1 small squash or pumpkin
- 450g tofu
- 1½ tbsp gelatin powder
- 1 cup of icing
- ¼ tsp green cardamom, ground
- A handful of crushed, flaked almonds
- A handful of crushed, unsalted pistachios

INSTRUCTIONS

Start by making the base. Over medium to low heat, put the sunflower oil in a saucepan and allow to gently heat for 2 – 3 minutes.

Once the oil is warm, add the flour into the pan, and stir so that all of the oil and flour is incorporated.

Cook the flour and oil mixture slowly over the course of 10 – 12 minutes, without letting the mixture brown. During this time, make sure that you keep constantly stirring the mixture in the pan. You will notice that as it cooks, the texture will start out resembling crumble topping, and it will become glossy, resembling peanut butter, by the time it's cooked.

After 12 minutes, take the pan off the heat and add in the sugar, making sure it's completely incorporated. Taste the mixture and if there's no bitter taste, it is ready to be pressed into a round cake tin. If there is a slightly bitter aftertaste, put the pan back onto a low heat setting and cook for another 5 minutes.





Line the cake tin with a double layer of cling film, then, using the back of a metal spoon, press the base mixture into a cake tin. Put it into the fridge to firm up whilst you prepare the pumpkin layer.

Peel the pumpkin/squash and cut it into bite size pieces. Steam the pieces of pumpkin/squash till it's completely soft.

Once the pumpkin is cooked, put it into a food processor with the tofu, and blend until you have a smooth mixture. Add in the gelatin powder, icing, and green cardamom, and blitz again in the food processor for a minute (or until well blended).

Pour the pumpkin mixture on top of the base layer, and put it into the fridge to set overnight.

Just before serving, sprinkle the crushed flaked almonds and pistachios over the cake.

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