

Autumn Pudding

Serves 4

4 oz. of sweet squash
1 inch of kombu or kelp seaweed
1-cup coconut, almond, hemp or oat milk
4 tbsp of honey
2 tsp pure vanilla
4 tbsp plus kuzu diluted in ½ cup of purified water
2 drops Cinnamon Vitality Oil
2 drops Nutmeg Vitality Oil
2 drops Clove Vitality Oil

Garnish: Dried NingXia Wolfberries, Chopped Pecans, or Flaked Coconut

Young Living Oils Used in this Recipe:

#5633 Nutmeg Vitality Oil
#5620 Clove Vitality Oil
#5585 Cinnamon Vitality Oil

Directions

Squash: Select a pot with a heavy bottom. Peel squash, cube, add just enough water to cover. Add one inch of kombu seaweed. Cook until soft. You need approximately 1-½ cups of cooked squash. After the squash is cooked, use left over broth and some of the coconut milk, add to blender (including seaweed) and pulse. Add sweetener and rest of squash.

Pour Mixture into pot. Heat the mixture up, stirring often over medium-low heat. Mixture will bubble. Put the kuzu in a small bowl and add about 3 tablespoons of purified water and stir until everything is combined and smooth. Add some of the heated pumpkin mixture to the kuzu, and then add the mixture back into the pot and blend it in. Mix coconut milk into the mixture. Stir to avoid lumps and sticking to the bottom. Simmer for 4 or 8 minutes until it thickens and becomes translucent and slightly shiny.

Now add the Vanilla. Blend it in well and let it sit while you uncap the selected Young Living Essential oils:

Use 2 drops Cinnamon
2 drops Nutmeg
2 drops of Clove

With the burner off, blend in the essential oils. Now taste. If you need more sweetener or another drop of essential oil, now is the time to do it. Flavors change as they marry together and

the dish comes on to its own. Pour into 4 dessert bowls and garnish. It can be eaten warm or cold. It can also be eaten the next day.

Note: If using Pumpkin, you may want to add more sweetener or maple syrup.