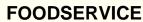
## **Great Pumpkin Vegan Semifreddo**







SERVING SIZE: 20

## Ingredients

- 1 1/2 cups Aquafaba (Brine from can of Furmano's Great Northern Beans)
- 1/2 cup Sugar in the Raw
- 1/2 teaspoon Cream of Tartar
- 1 cup Furmano's Great Northern Beans, drained & rinsed
- 1 cup 100% Pure Pumpkin
- 1/4 teaspoon Ground Nutmeg
- 1/4 teaspoon Ground Cinnamon
- 1 teaspoon Vanilla Extract
- 1 teaspoon Pure Maple Syrup

## In This Recipe



Great Northern White Beans - 15.5 oz.



Pouch Great Northern Beans



Great Northern White Beans

## **Preparation**

- 1. In a stainless bowl over a pot of boiling water, add Aquafaba and Sugar. Stir, letting sugar dissolve. Remove from heat.
- 2. Transfer mixture into a stand mixer. Add cream of tartar and mix on high until the mixture looks like fluff. Transfer to a large bowl.
- 3. In a food processor combine Great Northern Beans, Pumpkin, Nutmeg, and Cinnamon and pulse until combined.
- 4. In the bowl with Aquafaba, whisk in Vanilla and Maple Syrup then the Great Northern Bean and Pumpkin mixture, 1/3 at a time. Whisk until combined.
- 5. Once all ingredients are combined, cover the bowl with plastic wrap and freeze in a freezer for at least 4 hours or overnight.

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