Vegan Pumpkin Pie

Source: Vegan Kickstart

This pie is a plant-based twist on a classic dessert!

About the Recipe

120 Calories · 2.8 g Protein · 2.5 g Fiber
Dessert

Ingredients

Makes 8 Servings

- 1/2 c (124 g) soft or silken tofu
- 1 1/2 c (350 mL) low-fat nondairy milk
- 2 tbsp (30 mL) cornstarch
- 1 tsp (5 mL) vanilla extract
- 2 c (475 mL) pumpkin puree
- 1/2 c (60 mL) whole-wheat pastry flour
- 2 tsp (10 mL) baking powder
- 8 tbsp (73 g) brown sugar
- 1/4 tsp (1.2 mL) salt
- 2 tsp (10 mL) cinnamon
- 1/2 tsp (2.5 mL) nutmeg
- 1/2 tsp (2.5 mL) ground ginger
- 1/2 tsp (2.5 mL) ground cardamom

Directions

1. Bring oven temperature to 350 F (177 C).
2. Cut parchment paper to size to line the bottom of a 9-inch (23-cm) pie dish.

3. Put tofu, milk, cornstarch, and vanilla into a large blender or food processor and blend until smooth and uniform. Add pumpkin, flour, baking powder, sugar, salt, and spices. Puree for another minute until everything is evenly mixed in, scraping down the sides as needed when the blades are not running.
4. Pour filling into the prepared pie dish and smooth out with a rubber spatula if needed so that the mixture is level. Bake pie uncovered for about 1 hour or until you can stick a toothpick in it without the pie sticking to it. Cool pie to room temperature. Cover and place in fridge until firm or a minimum of 4 hours.
5. Slice pie into 8 wedges and serve. Top with an optional dollop of nondairy whipped cream and a pinch of cinnamon, if desired.
6. Note: 1 15-oz (425-g) can of pumpkin puree is about 2 c (475 mL).

Nutrition Facts

Per serving:

Calories: 120

Fat: 1.4 g

Saturated Fat: 0.3 g

Calories From Fat: 9.7%

Cholesterol: 0 mg

Protein: 2.8 g

Carbohydrate: 25 g

Sugar: 12.5 g

Fiber: 2.5 g

Sodium: 231 mg

Calcium: 202 mg

Vitamin C: 2.7 mg

Beta-Carotene: 5,721 mcg

Vitamin E: 2.6 mg