# Plant-Based Pecan Pie

Source: Dora Stone, chef and photographer, founder of Mmmole.com and DorasTable.com

Rich and delicious, this recipe is a wonderful treat for a special occasion!

## About the Recipe

**435 Calories · 8.8 g Protein · 4.9 g Fiber**
**Dessert**

## Ingredients

***Makes 8 Servings***

- 1/3 cup almond butter
- 2 tbsp. applesauce
- 1 cup all-purpose flour
- 1/2 cup whole-wheat flour
- 1/2 tsp. salt
- 1/2 tbsp. sugar
- 4 tbsp. ice cold water
- 1 cup or 12 pieces dates
- 3 tbsp. cornstarch
- 1/4 cup maple syrup
- 1 1/4 cup soy milk
- 1 tbsp. vanilla extract
- 1 cup pecans, chopped roughly
- 1 cup pecan halves

## Directions

1. Prepare the crust: In a small bowl, cover the dates with warm water for 20 minutes. Drain and set aside.   In a small bowl, combine the applesauce and almond butter. Spread this mixture on a plate or container and place in the freezer until it hardens. In a large bowl, combine the all-purpose flour, whole-wheat flour, salt, and sugar. Mix to combine.   Add the frozen almond butter mixture to the flour mixture. Using a pastry cutter or your hands, cut the almond butter into the flour until the mixture resembles coarse crumbs. Slowly add the water. Use a spatula to work it into the flour mixture. Knead the dough briefly until it comes together to form a ball. Place in the refrigerator for 30 minutes.
2. Preheat oven to 350 F. In a blender, combine the dates, cornstarch, maple syrup, soy milk, and vanilla extract. Be sure to use only the dates and not the liquid they soaked in. Process until smooth. Place mixture in a large bowl and add the chopped pecans, stir to combine, and set aside.
3. On a lightly floured surface, roll out the pie dough to form a 12-inch circle that is about 1/4-inch thick. Place the rolled dough in the pie pan carefully and smooth it out. With a small knife, trim the extra overhang of the crust. Crimp the edges with a fork or flute the edges with your fingers.
4. Pour in the date-pecan mixture. Use a spatula to smooth it out to make it as even as possible. Layer the pecan halves along the surface of the pie. Tent the edges of the pie with foil to prevent excess browning. Bake for 30 to 35 minutes or until the pecans are golden brown or the center is almost set. Remove from oven.
5. Optional: Create a glaze to add on top. In a small bowl, combine 1 tablespoon maple syrup and 2 tablespoons unsweetened soy milk. Brush the edges of the pie and pecans with the glaze.
6. Let cool completely for at least 3 hours.

# Nutrition Facts

*Per serving*

**Calories**: 435
    **Calories From Fat**: 49.4%
**Fat**: 25.7 g
    **Saturated Fat**: 2.2 g
**Cholesterol**: 0 mg

**Protein**: 8.8 g
**Carbohydrate**: 48.2 g
**Sugar**: 22 g
**Fiber**: 4.9 g
**Sodium**: 166 mg
**Calcium**: 131 mg
**Iron**: 1.9 mg
**Vitamin C**: 0.5 mg
**Beta-Carotene**: 11 mcg
**Vitamin E**: 3 mg