Pumpkin Cranberry Spice Crisp

Source: Dustin Harder of VeganRoadie.com

About the Recipe

Calories · Protein · Fiber
Dessert

Ingredients

Makes 12 Servings

- 1 15-ounce can pumpkin puree
- 1 13.5-fluid-ounce can coconut milk
- 1 cup (225 g) organic cane sugar
- 6 tablespoons (65 g) cornstarch
- 2 teaspoons (10 mL) alcohol-free vanilla extract
- 1/2 teaspoon sea salt
- 2 teaspoons (4 g) pumpkin pie spice
- 1 cup (100 g) fresh or frozen cranberries
- 1/2 cup (78 g) gluten-free rolled oats
- 1/2 cup (63 g) gluten-free all-purpose flour
- 1/4 cup (60 g) light brown sugar
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon sea salt
- 3 tablespoons (42 g) soy-free vegan butter, melted

Directions

1. Preheat the oven to 350 F and lightly grease an 8-by-8-inch baking dish.
2. Add the pumpkin, coconut milk, sugar, cornstarch, vanilla, salt, and pumpkin spice to a blender and blend until smooth and creamy. Transfer to the prepared baking sheet.
3. Spread the cranberries evenly over the pumpkin filling.

4. Add the oats, flour, sugar, cinnamon, and salt to a bowl and whisk to combine. Add the butter and mix until everything is coated. Crumble the flour mixture evenly over the top of the cranberries and gently press the crumble topping down.
5. Bake for 55-60 minutes until the mixture is bubbling around the edges and the middle doesn’t jiggle.
6. Let cool 3 hours or overnight.

Nutrition Facts

Per serving:
Calories: 241
Fat: 10 g
    Saturated Fat: 7 g
    % Calories From Fat: 37 %
Cholesterol: 0 mg
Protein: 2 g
Carbohydrate: 38 g
Sugar: 24 g
Fiber: 2 g
Sodium: 183 mg
Calcium: 20 mg
Iron: 1 mg
Vitamin C: 3 mg
Beta-Carotene: 2,480 mcg
Vitamin E: 1 mg