

Vegan Pumpkin Pie

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

- soft or silken tofu (1/2 cup)
- cashew or nondairy milk of choice (1 1/2 cups)
- cornstarch (2 tbsp.)
- vanilla extract (1 tsp.)
- canned pumpkin purée (2 cups)
- whole-wheat pastry flour (1/2 cup)
- baking powder (2 tsp.)
- brown sugar (1/2 cup)
- salt (1/4 tsp.)
- cinnamon (2 tsp.)
- nutmeg (1/2 tsp.)
- ground ginger (1/2 tsp.)
- ground cardamom (1/2 tsp.)
- nondairy whipped cream (to taste)

Directions

1. Bring oven temperature to 350 F.
2. Cut parchment paper to size to line the bottom of a 9-inch pie dish.
3. Put tofu, cashew 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. Purée 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. For a more traditional end product, top with a dollop of nondairy whipped cream and a pinch of cinnamon.

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

Carbohydrates: 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