

RECIPE

Pumpkin Pie - Vegan, Gluten and Sugar free



Pumpkin Pie is the one of the quintessential treats during the holidays, and for good reason. The combination of spices, the creamy filling, and the crisp crust are satisfying on so many levels.

Unfortunately, traditional pumpkin pies are also filled with a combination of sugar, evaporated milk, and eggs, that can overpower both the flavor and the nutrition of the pumpkin.

This recipe is a light, creamy, and vegan version, that keeps all of the flavor and comfort of the traditional pie, while getting rid of the fat and sugar.

Vegan, sugar- and gluten-free pumpkin pie

Almond Crust

2 Cups almond flour

1/4 teaspoon salt

2 Tbsp coconut oil

1 Tbsp ground chia soaked in 3 Tbsp water

Filling

6 Tbsp ground chia, soaked in 1 cup+2 Tbsp cool water

1 Cup regular almond or coconut milk

1 Cup chopped dates, packed

2 Cups pureed pumpkin

1/2 teaspoon cardamom

1/2 teaspoon nutmeg

1 teaspoon cinnamon

1/4 teaspoon salt

1 1/2 teaspoons vanilla extract

Crust Preparation

Heat the oven to 400°.

In a bowl, combine the almond flour and the salt. Add the softened butter and, using your fingers, work it into the almond mixture until it is evenly mixed in. Add the egg and stir the mixture until a soft dough forms. Knead the dough lightly until it all comes together into a ball.

Place the dough into a 10-inch pie pan and press it evenly across the bottom and sides of the pan. Build up the rim slightly (doing this will allow the rim to caramelize a bit more than the rest of the crust. Which means more flavor. Which is good).

Place the dough into the oven, on the middle rack. Bake for 15 minutes, until the rim is a golden brown and the bottom is light golden. (Check after five minutes to pop and press down any bubbles)

When the crust is done, remove it from the oven and allow it to cool completely.

Filling Preparation

Heat oven to 225 degrees.

Combine all of the ingredients in a blender and puree until smooth. Pour the filling into the cooled crust.

Bake for 1 hour, until the center of the pie no longer jiggles when you shake it. Turn off the oven and allow the pie to cool, in the oven, for 1 hour. Remove the pie and chill in the refrigerator before serving, at least 2 hours.