

Pumpkin Pie – Vegan

Prep Time: 15 minutes
Cook Time: 1 minute
Total Time: 1 hour, 15 minutes

Serving Size: 8
Calories per serving: 208
Fat per serving: 6 grams

'The McDougall Quick and Easy Cookbook', by John A. McDougall & Mary McDougall, p-276.

Ingredients

- 15 ounces lite silken tofu
- 1 (16-ounce) can solid-pack pumpkin
- 2/3 cup honey
- 1 teaspoon vanilla
- 1 teaspoon ground cinnamon
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
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- For the crust:
- 1 1/2 cups fat-free graham cracker crumbs
- 3 tablespoons thawed and unsweetened apple juice concentrate
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Instructions

1. Preheat the oven to 350°. Combine the crumbs and juice concentrate. Mix well. Press into the bottom and sides of a 9-inch nonstick pie pan. Bake for 5 minutes.
2. Combine the rest of ingredients in a food processor and process until very smooth.
3. Pour into the pie crust and bake for 1 hour.
4. Remove from the oven and chill for at least 2 hours before serving.

Notes

Nutrition facts (per serving): Calories: 208, from fat: 55, total fat: 6g, cholesterol: 0mg, sodium: 73mg, total carbohydrate: 37g, fiber: 2g, sugar: 24g, protein: 3g.