

# Pumpkin Pie

This is one of those desserts that brings back great memories of family get-togethers. I am so glad that the vegan version is even more palatable than the dairy version.



Prep time  
1 hour 15min

Cook time  
40 min

## Ingredients

### Pie

2  $\frac{1}{3}$  cups pumpkin puree  
1 cup coconut milk  
4 Tbsp arrowroot  
 $\frac{1}{4}$  tsp dried ginger  
 $\frac{1}{2}$  tsp nutmeg  
2 tsp cinnamon  
 $\frac{1}{2}$  tsp allspice  
1  $\frac{1}{2}$  Tbsp vanilla extract  
4 Tbsp maple syrup

### Crust

1  $\frac{1}{2}$  cups spelt flour  
 $\frac{1}{3}$  cup ground walnuts  
 $\frac{1}{4}$  cup coconut oil, softened  
3 Tbsp coconut milk  
3 Tbsp cold water

Serves 8 - 10

## Directions

### Preparing the Pumpkin

1. This first set of steps about preparing the pumpkin for use can alternately be carried out the night before or skipped entirely if you have canned pumpkin available.
2. Preheat the oven to 200°C/400°F.
3. Cut the pumpkin in half, remove the seeds and lightly oil the fleshy surface.
4. Place flesh side down on a baking pan and bake about 30 minutes until the pumpkin is soft to touch.
5. Let cool until you can handle it. Then gently peel off the skin.
6. Mash the pumpkin well so there are no big lumps.

### Making the crust

1. Preheat the oven to 175°C/350°F
2. Mix the flour and nuts until well blended.
3. Cut in the coconut oil and mix until just blended, it will still be crumbly.
4. Add in the coconut milk and water until the dough nicely sticks together. You may need another spoon or so of water.
5. Place the dough in the pie pan and by hand evenly distribute the crust around the bottom and up the sides of the pan.
6. Using a fork, poke a few holes in the bottom of the crust.
7. Bake for 15 minutes.
8. Let cool before adding in the filling.

### Preparing the filling and pie

1. Mix the coconut milk with the arrowroot, ensuring there are no clumps.
2. In a large bowl, using an electric mixer, mix the pumpkin, coconut milk with arrowroot, ginger, nutmeg, cinnamon, allspice, vanilla and maple syrup for about 5 minutes until smooth.
3. Spoon pumpkin filling into the prepared crust and bake at 175°C/350°F for about 40 minutes, until the crust and top of the pie become lightly browned.
4. Let cool in the refrigerator for a few hours yet, it is best if you refrigerate it over night.

Can be served with rice whip cream or any other dairy free favorite.



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