



Easy Vegan Pumpkin Pie

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



400 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar
- ☐ 15 ounce pumpkin organic canned
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.1 teaspoon ground ginger
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1 pie crust prepared
- ☐ 2 cups cashew pieces raw organic

- ☐ 0.5 teaspoon salt
- ☐ 1 cup water

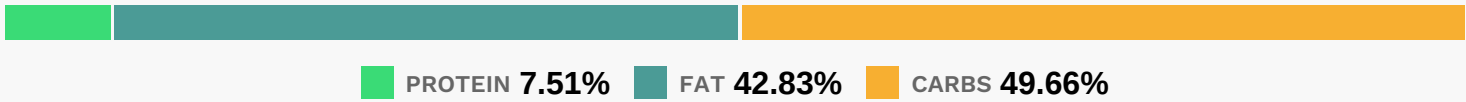
Equipment

- ☐ oven
- ☐ blender

Directions

- ☐ Pre-bake the pie crust at 450°F for 10 minutes (or according to the instructions of your pie crust).While the crust is baking, combine the cashews, water, pumpkin, brown sugar, cinnamon, salt, ginger, nutmeg, and cloves in your blender (see note below) and blend on high until smooth.When the crust is pre-baked, remove from the oven and reduce the oven temperature to 325°F.
- ☐ Pour the blended filling into hot pie crust and bake return to the oven to bake for 30-40 minutes.Allow to cool before serving. Optionally top with whipped cashew cream.

Nutrition Facts



Properties

Glycemic Index:12.52, Glycemic Load:2.2, Inflammation Score:-10, Nutrition Score:16.81478260911%

Nutrients (% of daily need)

Calories: 399.62kcal (19.98%), Fat: 19.85g (30.54%), Saturated Fat: 4.33g (27.08%), Carbohydrates: 51.81g (17.27%), Net Carbohydrates: 48.38g (17.59%), Sugar: 30.36g (33.73%), Cholesterol: 0mg (0%), Sodium: 248.11mg (10.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.83g (15.66%), Vitamin A: 8274.35IU (165.49%), Manganese: 0.84mg (42.11%), Copper: 0.8mg (40.04%), Magnesium: 112.86mg (28.22%), Phosphorus: 226.72mg (22.67%), Iron: 3.69mg (20.53%), Vitamin K: 21.25µg (20.24%), Vitamin B1: 0.21mg (13.86%), Zinc: 2.07mg (13.82%), Fiber: 3.42g (13.7%), Selenium: 8.21µg (11.73%), Potassium: 382.56mg (10.93%), Vitamin B6: 0.19mg (9.37%), Folate: 29.66µg (7.41%), Vitamin E: 0.97mg (6.44%), Vitamin B5: 0.62mg (6.16%), Calcium: 58.89mg (5.89%), Vitamin B3: 1.15mg (5.76%), Vitamin B2: 0.08mg (4.93%), Vitamin C: 2.41mg (2.93%)