



## Raw Vegan Pumpkin Pie



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



335 kcal

DESSERT

### Ingredients

- ☐ 1 cup almonds (soaked)
- ☐ 1 avocado seedless ripe peeled (, )
- ☐ 0.5 teaspoon cocoa / carob powder
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.5 tablespoon coconut oil
- ☐ 1.5 cups dates pitted ( )
- ☐ 12 servings squirt maple syrup (or Agave or honey)
- ☐ 2 cups pecans (unsoaked)

- ☐ 1 tablespoon psyllium powder (to help thicken)
- ☐ 3.5 cups pumpkin cubed
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 1 Teaspoon vanilla
- ☐ 12 servings water

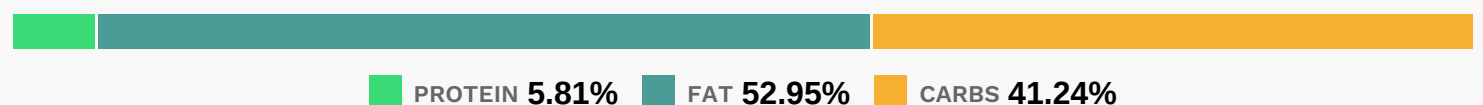
## Equipment

- ☐ food processor
- ☐ blender
- ☐ pie form

## Directions

- ☐ Combine the pecans, dates, cinnamon, cacao/cocoa powder and sweetener in a food processor or high speed blender (Vitamix).Pulse chop until blended.Press into a pie pan evenly and set in the fridge.
- ☐ Transfer the pumpkin into your Vitamix and add the avocado, coconut oil, chopped dates, pumpkin spice, phyllium powder, & sweetener until thoroughly mixed.
- ☐ Pour into the pie pan over the crust.
- ☐ Sprinkle some cinnamon over top.Set in the fridge.Blend the almonds, sweetener, vanilla and some water to control the consistency of the cream you want, more water for a thinner base or less for thicker. You can also add some cacao/cocoa powder to make a chocolate version, but you will need a little more sweetener. Everything should be ready within an hour, I like to let mine sit in the fridge for around 2 hours but anything works.

## Nutrition Facts



## Properties

Glycemic Index:20.63, Glycemic Load:13.09, Inflammation Score:-9, Nutrition Score:16.285652005154%

## Flavonoids

Cyanidin: 2.43mg, Cyanidin: 2.43mg, Cyanidin: 2.43mg, Cyanidin: 2.43mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg Epigallocatechin 3–gallate: 0.63mg, Epigallocatechin 3–gallate: 0.63mg, Epigallocatechin 3–gallate: 0.63mg, Epigallocatechin 3–gallate: 0.63mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 334.6kcal (16.73%), Fat: 21g (32.3%), Saturated Fat: 2.35g (14.66%), Carbohydrates: 36.79g (12.26%), Net Carbohydrates: 30.43g (11.07%), Sugar: 26.13g (29.04%), Cholesterol: 0mg (0%), Sodium: 15.82mg (0.69%), Alcohol: 0.11g (100%), Alcohol %: 0.04% (100%), Protein: 5.19g (10.37%), Manganese: 1.63mg (81.59%), Vitamin A: 2944.59IU (58.89%), Vitamin B2: 0.48mg (28.47%), Vitamin E: 4mg (26.69%), Fiber: 6.36g (25.44%), Copper: 0.47mg (23.69%), Magnesium: 75.95mg (18.99%), Potassium: 520.47mg (14.87%), Phosphorus: 138.45mg (13.84%), Vitamin B1: 0.18mg (12.31%), Zinc: 1.56mg (10.4%), Calcium: 91.51mg (9.15%), Iron: 1.48mg (8.21%), Folate: 31.45µg (7.86%), Vitamin B6: 0.15mg (7.33%), Vitamin B3: 1.38mg (6.89%), Vitamin B5: 0.64mg (6.41%), Vitamin C: 5.02mg (6.08%), Vitamin K: 5.04µg (4.8%), Selenium: 1.86µg (2.66%)