



Vegan Peanut Butter Pie



Vegetarian



Vegan



Dairy Free

READY IN



132 min.

SERVINGS



10

CALORIES



403 kcal

DESSERT

Ingredients

- ☐ 14 oz coconut milk canned (stored at 70°F or cooler)
- ☐ 1 cup creamy peanut butter
- ☐ 1 dairy-free graham cracker for honey-free grahams (for strict vegan, opt)
- ☐ 0.3 cup powdered sugar
- ☐ 12 oz silken tofu firm drained
- ☐ 1.5 teaspoon vanilla extract
- ☐ 1.5 cup sugar white

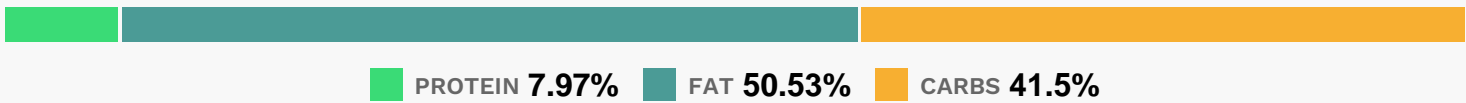
Equipment

- ☐ bowl
- ☐ mixing bowl
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Open can of coconut milk and scoop out all the cream and into a small mixing bowl. You will not need to watery liquid in the bottom for this recipe. Using hand mixers beat the coconut cream until thick and stiff, resembling whipped cream (will take several minutes).
- ☐ Add the powdered sugar and beat into the cream. Cover bowl and put in refrigerator.Blend the tofu, white sugar, and vanilla in a blender until smooth.
- ☐ Add the peanut butter and whipped coconut mixture. Blend again until creamy. Spoon into pie crust.Chill in the refrigerator for several hours or overnight (until firm).
- ☐ Serve and enjoy!

Nutrition Facts



Properties

Glycemic Index:15.81, Glycemic Load:22.33, Inflammation Score:-3, Nutrition Score:8.2626087451759%

Nutrients (% of daily need)

Calories: 402.75kcal (20.14%), Fat: 23.78g (36.59%), Saturated Fat: 11.12g (69.52%), Carbohydrates: 43.95g (14.65%), Net Carbohydrates: 41.76g (15.19%), Sugar: 38.73g (43.03%), Cholesterol: 0mg (0%), Sodium: 128mg (5.57%), Alcohol: 0.21g (100%), Alcohol %: 0.19% (100%), Protein: 8.44g (16.89%), Manganese: 0.74mg (37.23%), Vitamin B3: 3.89mg (19.45%), Magnesium: 69.05mg (17.26%), Vitamin E: 2.41mg (16.07%), Phosphorus: 151.11mg (15.11%), Copper: 0.29mg (14.38%), Potassium: 315.18mg (9.01%), Fiber: 2.19g (8.77%), Iron: 1.45mg (8.07%), Zinc: 1.13mg (7.53%), Folate: 29.18µg (7.3%), Vitamin B6: 0.13mg (6.65%), Vitamin B1: 0.08mg (5.55%), Selenium: 3.72µg (5.32%), Vitamin B2: 0.07mg (4.31%), Vitamin B5: 0.35mg (3.46%), Calcium: 31.05mg (3.11%), Vitamin C: 1.11mg (1.35%)