

Tofu Pumpkin Pie with Easy Oil Pie Crust

Makes 2 pies (16 servings)

Prep Time: 15 minutes

Cooking Time: 1 hour

Ingredients:

Crust:

2 ¼ c all-purpose flour

½ t salt

3 oz unsweetened coconut milk (or milk of your choice)

½ c canola oil

Filling:

2 15 oz cans pure pureed pumpkin

18 oz tofu, any variety, drained and pressed

1 ½ c sugar

½ t salt

2 t ground cinnamon

1 t ground ginger

½ t ground nutmeg

¼ t ground cloves

¼ t ground cardamom

Whipped cream (such as Soyatoo Soy Whip), for garnish

Directions:

1. Preheat oven to 425°F (220°C)
2. For crust, sift or whisk together flour and salt.
3. Pour milk and oil into the same measuring cup. DO NOT MIX.
4. Pour liquid into the dry ingredients and mix until smooth.
5. Roll out half of the dough between two sheets of waxed paper until large enough to fit in a 9" pie plate. Repeat for second half of dough.
6. Transfer dough to two 9" pie plates, removing the waxed paper.
7. For filling, blend all ingredients in a blender until smooth. Pour into prepared crusts.
8. Bake for 15 minutes, then turn the oven down to 350°F (175°C) for 45 minutes. If the top looks like it's getting too dark, cover with aluminum foil for the remaining time.
9. Serve with whipped cream as desired.

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Nutrition Facts

Servings 16.0

Amount Per Serving

calories 208

% Daily Value *

Total Fat 10 g 15 %

Saturated Fat 1 g 5 %

Monounsaturated Fat 4 g

Polyunsaturated Fat 2 g

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 153 mg 6 %

Potassium 6 mg 0 %

Total Carbohydrate 25 g 8 %

Dietary Fiber 2 g 8 %

Sugars 20 g

Protein 6 g 13 %

Vitamin A 123 %

Vitamin C 4 %

Calcium 5 %

Iron 8 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.