

Pumpkin Pie

Prep Time: 20 minutes

Cook Time: 50 minutes

Total Time: 70 minutes

Servings: 8

Serving Size: 1 slice of pie

Ingredients:

Filling:

12 ounces silken tofu (firm or extra firm), drained
2 cups cooked real pumpkin puree (**not** pumpkin pie filling)*
½ cup 100% pure maple syrup
1 teaspoon vanilla extract
1 heaping tablespoon pumpkin pie spice

Crust:

2 heaping cups gingersnaps (6oz bag/box)*
2 tablespoons coconut oil, melted
2 tablespoons 100% pure maple syrup

Directions:

1. Preheat oven to 350 degrees.
2. Place your drained tofu on a layer of paper towels, place a few more folded paper towels on top of the tofu, and then place a cutting board on top of that. Lastly, place a large, heavy object on the cutting board - I use a cast iron skillet but any heavy pot or pan will work. Let the tofu press and drain remaining liquid while you make your crust.
3. To make the crust, place gingersnaps in a food processor or blender and process until they resemble coarse flour.
4. In a separate bowl, whisk together melted coconut oil and 3 tablespoons maple syrup. Add this oil mix into the food processor as well and process until well combined.
5. Transfer to a 9-inch pie plate sprayed lightly with cooking spray and press down to form a thin crust. Set aside until filling is ready.
6. To make the filling, add the pressed tofu to a clean food processor or blender and process until smooth (scraping sides if necessary).
7. Add all remaining filling ingredients and process until smooth and well combined.
8. Pour filling into gingersnap crust and smooth with a spatula so that it is evenly distributed.
9. Bake for 50 minutes or until filling is lightly browned on top. I recommend checking the edges of the pie crust around both the 30 and 40 minute mark and covering them with tin foil if they burning.
10. Allow to cool to room temperate and then cover and refrigerate until ready to serve.

Tips and Tricks:

If you have your own pumpkin from your fall harvest, use that, otherwise, an organic pure pumpkin puree in a can is fine!

If possible, make this pie one day in advance to allow the flavors to blend and the pie to set!

If you are gluten free, you can find gluten free ginger snaps at most health food stores☺

Nutritional Information Per Serving:

Calories: 267
Fat: 10.4 g
Cholesterol: 0.0 mg
Sodium: 84.9 mg
Total Carbohydrate: 39.8 g
Dietary Fiber: 3.8 g
Sugars: 27.6 g
Protein: 7.9 g