

Vegan Pumpkin Pecan Pie

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-pumpkin-pecan-pie-recipe>

Ingredients:

- 1/2 cup Earth Balance
- 1/2 cup coconut oil
- 1/4 cup sucanat or brown sugar or white sugar
- 1 cup whole grain spelt flour
- 1 cup unbleached all-purpose flour
- 2 tablespoons ground flax
- 1/2 cup non dairy milk I used Original Almond Breeze
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/2 cup pecans
- 1 tablespoon pure maple syrup
- 2 cups pumpkin
- 12 ounces silken tofu
- 1/2 cup sucanat or brown sugar
- 1/4 cup pure maple syrup
- 1 1/2 teaspoons pure vanilla extract
- 1/2 teaspoon fine grain sea salt
- 2 teaspoons pumpkin pie spice OR: 1 teaspoon cinnamon; 1/2 teaspoon ginger; 1/4 teaspoon cloves
- 2 tablespoons cornstarch I didn't use for this pie, but next time I would to firm up filling

Nutrition:

1. Calories: 790 calories
2. Carbohydrate: 84 grams
3. Fat: 48 grams
4. Fiber: 7 grams
5. Protein: 15 grams
6. SaturatedFat: 26 grams
7. Sodium: 470 milligrams

8. Sugar: 40 grams

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