

Gentle Baking Co. Pumpkin Pie Recipe (2018 Update)

Produces two 10" Pies

Requires High Speed Blender, newer Vitamix w/ wide jar Recommended (5300 series or above)

- 2 10-inch pie shells – Keebler is Vegan and available widely.
- 1.25 cups whole raw cashews (Opt. Macadamia Nuts)
- 2 cups plain non-dairy milk (Organic soy milk is preferred)
- Optional – Replace 1:1 Milk with Sodelicious Holiday Nog
- 2 cups light brown sugar
- 4 TBSP arrowroot powder (or potato/cornstarch)
- 1- 1 1/2 TBSP ground cinnamon (do it by taste)
- 1.5 tsp ground ginger
- 3/4 tsp ground cloves
- 3/4 tsp ground nutmeg
- 1/2 tsp allspice
- 1 tsp vanilla
- 1/2 tsp sea salt
- 30 oz. pumpkin puree – 2 cans or one big one. (Opt. Sweet Potato)



1. Soak the cashews in water in the refrigerator for about 8 hours to soften and hydrate. To expedite the soaking process, pour boiling water over the cashews and let soak for 1 hour.
2. Preheat the oven to 425°F.
3. Drain the cashews and add them to a high-powered blender (Vitamix). Add the non-dairy milk and process for 2 full minutes. This makes the cashew cream, replacing dairy cream. For more richness, add more cashews. Sometimes I do as much as 1.5 cups for this recipe.
4. Add the remaining ingredients and process until completely smooth. The mixture will be quite thick, so occasionally stop to scrape down the sides of the blender with a spatula and stir the contents back down into the blades as necessary. Use a tamper tool if provided with your blender.
5. Spoon the mixture into the pie shell and smooth the surface with a spatula or large spoon. Don't worry about a few swirl marks as they will minimize when the pie cools. Place the pie on the middle rack of the oven and bake for 15 minutes.
6. Reduce the heat to 350°F and continue to bake for an additional 55 to 60 minutes or until a toothpick inserted in the center of the pie comes out clean (do not exceed 60 minutes).
7. Note: The surface of the pie will appear dry after baking; this will resolve once cooled and chilled.
8. Remove the pie and cool completely on a wire rack (until the underside of the pie plate no longer feels warm). I normally place the pies in the cold garage or a fridge for a few hours to let cool and while releasing most of the excess moisture before putting the lid back on.
9. Top individual slices with a dollop of non-dairy whipped cream, if desired. Cocowhip by Sodelicious is available in most stores now and is dreamy 😊

Recipe inspired by the amazing Gentle Chef, Skye Michael.

Learn more about The Gentle Chef at:

TheGentleChef.com

Learn more about INVeg here:

www.inveg.org

Learn more about Josh:

PlantPoweredProphet.com / LovingCoop.com

