

VEGAN PUMPKIN PIE

People will never guess this pumpkin pie is actually made with carrot juice. One of my all time favorite pies.

For the crust:

2 1/4 cup pecans
1 tablespoon coconut oil
5-6 soaked dates
1/4 sea salt

(Optional: soak pecans over night and dehydrate at 118 degrees for 24 hours.) -

Totally not necessary but to those really picky foodies, go for it.

Place pecans in food processor, pulse into small crumbs.

Mix all ingredients together well by hand.

Press into 9 inch tart pan to desired thickness

Chill crusts in freezer for 15-30 minutes before filling.

If not using all the crust, store extra in containers in the freezer.

For the Filling:

1/2 cups cashews soaked
1/2 cup maple syrup
1/2 cup coconut oil
1/2 cup + 2 tablespoons carrot juice (juice fresh carrots)
1/2 teaspoon vanilla extract
1/4 cup of coconut milk (optional)
1/4 teaspoon salt
1/4 vanilla bean, scraped
1 1/2 teaspoons cinnamon
1 1/2 teaspoons nutmeg

- Blend all ingredients, except thyme, in Vitamix (or a basic heavy duty blender) makes it nice and very smooth.

- Fill candied tart crust and chill in freezer overnight(though most times within 4-6 hours the pie is good to go). I like it to thaw just a tad before serving. The filling is also great on its own, as a cold pudding if you have extra. Adapted from the great raw cookbook [Everyday Raw](#) by Matthew Kenney

