

# Pumpkin-Maple Pie with Baked Oat Crust

## **Crust:**

- 5 ounces (140 grams/2/3 cup) pitted Medjool dates, if firm soak for 30-60 min
- One and 1/4 cups (300 mL) rolled oats
- 1/2 cup (125 mL) pecans
- 1/4 teaspoon (1 mL) ground cinnamon
- 1/8 teaspoon (0.5 mL) salt
- 3 tablespoons (45 mL) coconut oil (room temperature)

## **Filling:**

- 1 cup (250 mL) raw cashews (soak 3-4 hours or overnight)
- 1 cup (250 mL) pumpkin puree
- 3/4 cup (175 mL) maple syrup
- 1/2 cup (125 mL) coconut oil
- 2 teaspoons (10 mL) pure vanilla extract
- 3/4 teaspoon (4 mL) ground cinnamon
- 1/4 teaspoon (1 mL) finely ground sea salt
- 1/8 teaspoon (0.5 mL) ground ginger
- 1/8 teaspoon (0.5 mL) grated or pre-ground nutmeg

## **Cooking Instructions:**

1. Make the crust: Preheat oven to 350 degrees. Lightly grease a 9-inch (23 cm) pie dish with coconut oil. In a food processor, combine oats, pecans, cinnamon and salt until mixture becomes consistency of coarse sand. Add dates and oil and process again until the mixture comes together. It should stick together when pressed with your fingers. If the mixture is dry add 1 teaspoon to water and process again. Sprinkle the crust mixture over the pie dish and starting in the middle, press down firmly and evenly in an outward direction. Poke several holes in the crust and bake uncovered for 10 to 12 minutes or until lightly golden. Let cool for 30 min on a cooling rack.
2. Make the filling: In a high-speed blender, combine the soaked (drained) cashews, pumpkin, maple syrup, oil, vanilla, cinnamon, salt, ginger, nutmeg and blend on high until completely smooth. If you need more liquid add 1 tablespoon (15 mL) of almond milk or more if needed. Pour the filling into the crust and smooth out the top. Carefully cover the dish with foil and place on an even surface in the freezer to chill overnight or for 3-4 hours, until firm. Remove the pie from the freezer and let it sit for 10 min before slicing. This pie is meant to be served cold. If desired, serve with whipped coconut cream, finely chopped pecans and freshly grated nutmeg. Enjoy!