Raw Pumpkin Pie Recipe

In my ten years of eating raw, I can tell you from firsthand experience that desserts are the most difficult raw dishes to prepare. Through a miserable number of trials and errors over the years, I've got many raw desserts like cheesecake, brownies, cherry sorbet, and coconut macaroons down to an artful science. Pumpkin pie, on the other hand, was always a challenge for me. In the times I attempted to prepare this gourd pie, it always came out tasting bland, dry, and unappealing. It wasn't until my close friend, who is also a raw foodie, recommended I try her recipe that I finally made some headway with my homemade raw pumpkin pie.

One of the common misconceptions about raw desserts is that they don't taste good. On the contrary, cooking raw is delicious. All you have to do is use high-quality ingredients, stick to the accurate measurements, and taste as you go. If something doesn't taste quite right, trust your gut and tweak it. If you think your dessert needs an additional ingredient, go ahead and add it! Like an artist's painting, raw food desserts are supposed to be unique to each artisan.

For those of you who are raw foodies or are trying to incorporate more raw foods into your lives, Thanksgiving can be a tough holiday to endure. Everything from the savory turkey, warm yeast rolls, and sweet pecan pie can derail all your efforts to eat raw. With this delicious raw pumpkin pie recipe, however, you'll be all set for your Thanksgiving dessert. Not only is it filling, it's insanely delish! Try this pumpkin pie out during the holiday or any ol' time you have a craving for this classic dessert.

Raw Pie Crust Recipe

2 ½ cups pecan flour ¾ cup coconut oil, cold
1 teaspoon salt

1 tablespoon sugar

Okay let’s start with the crust! Start by placing the flour, salt, and sugar in an electric mixer bowl and mix on high for 30 seconds. Next, add the coconut oil and mix until the crust forms a solid, cohesive mixture. Don’t worry if you see a few crumbles though. If necessary, add a little more oil or water to solidify the crust.

Dust a clean surface with a pinch of flour and place the crust on the dusted surface. Using your hands, knead the crust into two flat ball shapes, (keep in mind: this pie makes enough for two crusts) wrap in plastic wrap, and place them freezer until you’ll ready to use them. When you’re putting your pie together, pull out one of the crusts, and using a rolling pin, flatten it out into the shape of a large circle (aka pie crust). Have flour on hand to prevent the crust from sticking to the surface. Gently lift the crust and place it in the pie pan. Press the crust until it adheres to the pan.

Pumpkin Pie Filling

- 3 cups shredded pumpkin
- 1 cup cashews, soaked for four hours, drained, and then mashed
- ¼ cup almond milk
- ½ cup brown sugar
- 1 tablespoon tapioca starch
- 2 tablespoons molasses
- 3 teaspoons vanilla bean extract
- 1 teaspoon coconut oil
- 2 teaspoons cinnamon
- ½ teaspoon nutmeg
- pinch cloves

Combine all the ingredients in an electric mixing bowl. Mix for 3 minutes on high speed. Spread into one of the prepared pie crusts. Refrigerate for at least three hours. Eat and

enjoy!

Eating raw is not easy during the holidays, but the health benefits of doing so are definitely worthwhile.