

# ONE BITE

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*Vegan Magazine*

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20 FESTIVE RECIPES  
for **THANKSGIVING**  
& **CHRISTMAS**

STAYING HEALTHY  
OVER THE HOLIDAYS  
with a *plant-based diet*

WIN A COPY OF VEGAN HOLIDAY COOKING

+ RECIPES

ONE EZ TOFU PRESS  
TO GIVE AWAY

WIN ARTISANAL CHOCOLATE from XOCOLATL SMALL BATCH CHOCOLATE

VEGAN EATS & DRINKS  
for your New Year Party

NOT ONE, BUT TWO  
»» **READER GIVEAWAYS!** ««

# THE BEST VEGAN PUMPKIN PIE

**Monica Davis**

This is seriously the best vegan pumpkin pie that you will ever eat – maybe just the best all-around pumpkin pie ever! Rich, creamy, full of flavor and made without cornstarch for the most authentic pumpkin pie flavor and texture. Be the star of Thanksgiving this year with the most delicious pumpkin pie ever! No one will guess that it's vegan!

## INGREDIENTS

### 19 INCH PIE CRUST FOR THE PIE FILLING:

- 1 15 oz can pumpkin puree
- 1 13.5 oz can coconut milk (full fat)
- 1 cup brown sugar
- 2 tsp pumpkin pie spice
- 1 tsp vanilla extract
- ½ tsp salt
- ⅓ cup chickpea flour aka garbanzo bean flour



**Monica Davis**

Monica is the blogger behind [thehiddenveggies.com](http://thehiddenveggies.com). With over 19 years of vegan cooking under her belt, her blog shares all the best recipes that will feed a hungry family. Monica's mission is to help others wanting to transition veganism by showing them that they don't have to give up their favourite comfort foods.

Website: [thehiddenveggies.com](http://thehiddenveggies.com)

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## INSTRUCTIONS

1. Preheat your oven to 350° F.
2. Make or buy a vegan pastry crust and form it to a 9-inch pie dish.
3. Bake the pie crust for 10 minutes.
4. While the crust is baking, put the pumpkin, coconut milk, brown sugar, pie spice, vanilla, and salt to the blender and blend for about 30 seconds.
5. Taste and make sure the sweetness and spices are to your liking.
6. Add the chickpea flour and blend again for about 30 seconds until it's all incorporated. (Don't taste it after this! Chickpea flour tastes horrible until it's fully cooked).
7. Pour the filling into the pie crust that has been cooked for 10 minutes.
8. Bake the pie at 350° F for 1 hour and 15 minutes. (The top of the pie should look slightly dry, and there may be small cracks at the sides of the pie).
9. Allow cooling for a minimum of 4 hours before cutting. It will be best if it is allowed to stay in the refrigerator overnight.