

[Delicious Guilt-Free Pumpkin Pie with Oat Crust](#)

Posted on November 6, 2009 by Emily Boller

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Serves 8

Preparation Time: 10 minutes

OAT PIE CRUST

1 cup quick oats (not instant)

1/4 cup ground almonds

1 tablespoon whole wheat pastry flour (optional)

2 tablespoons olive oil

2 tablespoons water

PIE FILLING

1 15-ounce can of pumpkin

1/2 cup date sugar*

1/2 cup raisins

1 teaspoon ground cinnamon

1/2 teaspoon ground ginger

1/2 teaspoon ground nutmeg

2 1/2 tablespoons arrowroot powder

1 10-ounce pkg soft tofu

CASHEW CREAM

1 1/3 cups raw cashews

3/4 cup vanilla soy milk

2/3 cup dates

INSTRUCTIONS:

Preheat oven to 425 degrees.

Pie Crust: Mix oats, almonds and flour. Blend oil and water together with a wire whisk. Add to dry ingredients and mix until it holds together. You may need to add a little more water. Spray 9-inch pie dish lightly with cooking spray and press the crust to thinly cover the bottom and sides of the pie dish.

Pie Filling: In a blender combine the pumpkin and date sugar.* Add raisins, spices, arrowroot powder, and tofu. (Some like more spices; individual preference.) Blend until smooth. Pour mixture into pie shell and bake for 15 minutes then lower heat to 350 degrees. Cover crust with strips of aluminum foil to prevent burning, and bake for an additional 60 minutes.

While pie is in the oven make the Cashew Cream. Blend all ingredients together in a Vita-Mix or other powerful blender.

Serve slightly warm or cold with a dollop of Cashew Cream.

Note: The pie filling will firm up as it cools.