

Recipe: Vegan Pecan Pie

This Vegan Pecan Pie is a rich, gooey, and nutty dessert that's perfect for holiday gatherings. Made without eggs or dairy, it retains all the deliciousness of the classic recipe while being completely plant-based.

Ingredients:

For the Pie Crust:

- 1 ½ cups all-purpose flour
- ½ tsp salt
- ½ cup vegan butter or coconut oil (cold)
- 3-4 tbsp ice water

For the Filling:

- 1 cup pecans (halved or chopped)
- ½ cup coconut cream (the thick part from a chilled can of coconut milk)
- ½ cup maple syrup
- ½ cup brown sugar (or coconut sugar for a refined sugar-free option)
- ¼ cup cornstarch or arrowroot powder
- 2 tbsp almond or oat milk
- 2 tbsp melted coconut oil or vegan butter
- 1 tsp vanilla extract
- ½ tsp salt

Instructions:





1. Prepare the Crust:

- In a large bowl, whisk together the flour and salt.
- Cut in the cold vegan butter or coconut oil using a pastry cutter or fork until the mixture resembles coarse crumbs.
- Gradually add the ice water, 1 tablespoon at a time, mixing until the dough comes together. Form it into a disk, wrap it in plastic wrap, and chill for at least 30 minutes.

2. Preheat the Oven:

- Preheat your oven to 350°F (175°C).

3. Roll Out the Dough:

- Roll out the chilled dough on a floured surface into a circle large enough to fit a 9-inch pie pan. Transfer the dough to the pan, trim any excess, and crimp the edges. Set aside.

4. Make the Filling:

- In a medium saucepan over medium heat, combine the coconut cream, maple syrup, and brown sugar. Stir until the sugar dissolves and the mixture is smooth.
- In a small bowl, whisk together the cornstarch and almond milk until smooth, then add it to the saucepan. Stir constantly until the mixture thickens.
- Remove from heat and stir in the melted coconut oil, vanilla extract, and salt.

5. Assemble the Pie:

- Spread the pecans evenly over the prepared crust. Pour the filling over the pecans, making sure they are well-coated and evenly distributed.

6. Bake the Pie:

- Bake for 45-50 minutes, or until the filling is set and the crust is golden brown. If the crust browns too quickly, cover the edges with foil.

7. Cool and Serve:



- Allow the pie to cool completely before slicing. This will give the filling time to firm up. Serve as is or with a dollop of vegan whipped cream.

Enjoy this indulgent Vegan Pecan Pie as the perfect centerpiece for your holiday table!