

## Pumpkin Pie w/ Coconut Rum Whipped Cream

*For the pie:*

### *Ingredients*

- 2 cups cooked pumpkin or one 15oz can of pumpkin puree
- 1 1/2 cups silken tofu (refrigerated not boxed)
- 1/4 cup organic sugar
- 1/4 tsp nutmeg
- 1/4 tsp ginger
- 1/8 tsp cloves
- 1 1/2 tsp cinnamon
- 1/2 tsp salt
- 1 deep dish pie crust (vegan)

### *Preparation*

Set your oven to 350 (if it's a convection oven set it to 300). Combine all of the ingredients together in a blender or food processor. Blend until silky smooth. Pour mixture into the pie crust and bake for 1 hour. Remove pie from oven and let it set for about 1 hour. Transfer to the refrigerator and chill for at least 5 hours before serving.

*For the whipped cream:*

### *Ingredients*

- 1 cup coconut cream
- 3 tablespoons organic sugar (coconut sugar is suggested)
- 1/2 tsp vanilla
- 1 1/2 tablespoons rum
- pinch salt

### *Preparation*

Beat whipped cream vigorously with a whisk or mix in a food processor until little peaks appear. Slowly add the rest of the ingredients while continuing to blend until everything is well incorporated. Refrigerate immediately/serve cold.

## Cranberry-Walnut Pumpkin Breakfast Muffins (makes 12 medium muffins)

### *Ingredients*

- 2 cups flour
- 1 cup organic sugar
- 1 Tbsp baking powder
- 1 Tbsp egg replacer powder (Ener-G brand)
- 1 1/2 tsp cinnamon

- 1/8 tsp cloves
- 1/2 tsp ginger
- 1/4 tsp nutmeg
- 1/2 tsp salt
- 1 cup vegan milk (soy is suggested)
- 2 Tbsp molasses or maple syrup (molasses is suggested)
- 1 cup pureed fresh or canned pumpkin
- 1 tsp. vanilla
- 1/2 cup extra light olive oil
- 1/4 cup chopped walnuts
- 1/4 cup chopped cranberries

### *Preparation*

Set your oven at 400 degrees. Whisk together all of the dry ingredients. In a separate bowl combine all of the wet ingredients along with the pumpkin and mix well. Slowly mix the wet ingredients into the dry until they are fully incorporated. Lastly, add in the berries and nuts. Prepare your muffin pan with a little bit of canola or earth balance. Bake for 20 minutes or until a toothpick comes out clean. Let the muffins cool down and garnish with a few pumpkin seeds. Note: If you want a little more flavor from the nuts and berries, bake them beforehand for a few minutes, just until they are lightly toasted.