

# Flourless Pumpkin Pie

Recipe By *Rachel Goodman, RD*

CDN



Cooking and Prep:  40  
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Serves:  16

Contains:  

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Pescetarian,  
Gluten Free

Tis the season for pumpkin pie! This version of pumpkin pie is loaded with fiber, made with natural ingredients and is full of nutrients that will nourish your body.

## Ingredients (14)

### Crust

- 10 medjool dates, pitted
- 1 cup rolled oats (use gluten free, if needed)
- 3/4 cup pecans, raw unsalted
- 1 tablespoon oil
- 1 teaspoon **Gefen Vanilla Extract**
- pinch of salt

## Pumpkin Filling

- 15 ounces pumpkin puree
- 11 medjool dates
- 2 eggs
- 1 and 1/2 teaspoon cinnamon
- 1 teaspoon Gefen Vanilla Extract
- 1 teaspoon Haddar Baking Powder

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## Topping (Optional)

- coconut whip cream or heavy cream whip
  - chopped pecans
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## Start Cooking

### Prepare the Crust

1. Preheat oven to 350 degrees Fahrenheit.
2. Place dates, oats, pecans, oil, vanilla, and salt in a food processor. Blend until it can stick together (one to two minutes).
3. Press mixture into a lined eight- by eight-inch baking pan until it is spread evenly.
4. Bake for five minutes (no longer than this as it can easily burn), remove from oven and set aside.

### Prepare the Filling

1. Wipe the food processor clean.
2. Place dates and pumpkin in food processor and blend until smooth.
3. Add eggs, cinnamon, vanilla, and baking powder. Blend until smooth (about two to three minutes).
4. Pour mixture over the crust and spread it out evenly.
- 5.

Bake 25 minutes.

6. Remove from oven and allow it to cool completely.
7. Cut into 16 bars. Place a dollop of coconut whip cream or unsweetened heavy cream onto each bar. Sprinkle with chopped pecans.

### **Prepare the Coconut Whip**

1. Place a 15 ounce can of coconut milk in the fridge for at least two hours.
2. Take out and remove the creamy white part from the top (leave the liquid in the can.)
3. Beat with two teaspoons vanilla extract until starts to turn into a whip (about five minutes). If you want it sweet then add two tablespoons maple syrup.