

Our Pick of Plant Pie Recipes



Vegan Pecan-Date Pie Crust

The crust takes minutes to make and then press into a pie pan.

Yields: One nine-inch pie crust

*1½ cups pitted dates, preferably Medjool,
coarsely chopped*

1½ cups chopped pecans

¼ tsp sea salt

2 tsp coconut oil

Soak the dates in hot water for 10 minutes.

Remove the dates from the water and pat dry.

Place the dates, pecans and salt in the bowl of a food processor and blend until the mixture sticks together.

Lightly oil the bottom and sides of a nine-inch pie or springform pan.

Press the date mixture into the bottom and up the sides of the prepared pan.

Cover and refrigerate until ready to use.

Adapted from a recipe by Nava Atlas, of Hudson Valley, NY, vegan cookbook author of Vegan Express: 160 Fast, Easy, & Tasty Plant-Based Recipes.

No-Bake Vegan Chocolate Pie

Yields: Filling for one nine-inch vegan pecan-date pie crust

18 oz vegan or dairy-free chocolate chips

1 (14-oz) can unsweetened, full-fat coconut milk

½ cup almond or cashew butter

Place the chocolate chips in a medium mixing bowl. Spoon the almond butter on top of the chocolate chips. Set aside.

Spoon the entire can of coconut milk into a saucepan. Over medium heat, stir and bring to a simmer until small bubbles form around the perimeter of the pan.

Pour the hot coconut milk over the chocolate chips and almond butter. Make sure all the chocolate is covered with the hot milk. Let it sit for three to five minutes to melt the chocolate.

Whisk by hand until the mixture becomes smooth, shiny and dark. Pour into the prepared crust.

Refrigerate the completed pie until it is firm and ready to serve.

Inspired by and adapted from recipes by Nava Atlas, at VegKitchen.com, Fran Costigan at FranCostigan.com and Ashley Adams, who blogs at TheSpruceEats.com.



Natural Awakenings recommends using organic, non-GMO (genetically modified) and non-bromated ingredients whenever possible.



Vegan Chai-Spiced Sweet Potato Pie

This pie filling is robust with spices and not too sweet. Add less spice and more maple syrup to taste.

Yields: Filling for one nine-inch vegan pecan-date pie crust

2 large sweet potatoes
 ¾ cup coconut milk
 3 Tbsp maple syrup
 2 tsp vanilla extract
 2 Tbsp arrowroot or tapioca starch
 2 Tbsp ground cinnamon
 1 Tbsp ground ginger
 1 tsp ground cardamom
 ½ tsp ground nutmeg
 ¼ tsp ground cloves
 ½ tsp sea salt

Preheat the oven to 400° F.

Poke a few holes in each sweet potato using a sharp knife.

Place the sweet potatoes directly on the oven rack and bake until very soft, about 45 minutes. Or microwave them for about eight minutes, checking every minute or so after the first five minutes.

Remove from oven and slice the sweet potatoes open to allow the steam to escape. Let them sit a few minutes to cool.

Lower the oven temperature to 375° F.

When the sweet potatoes are cool enough to handle, scoop out the insides and place them into a food processor bowl. Add the coconut milk, maple syrup, vanilla, cornstarch, cinnamon, ginger, cardamom, nutmeg, cloves and salt.

Process the filling until smooth, stopping to scrape the bowl as needed. Pour the batter into a prepared pie crust and smooth out the top with a rubber scraper.

Bake about 40 minutes or until it sets.

Remove the pie from oven and allow it to cool completely before slicing.

Top with whipped coconut cream, if desired.

Adapted recipe and photo courtesy of Alissa Saenz, of Phoenixville, PA; Connoisseurus Veg.com/vegan-chai-spiced-sweet-potato-pie.

Pecan Pumpkin Custard Pie

With no flour, this pie has a softer, more velvety texture. For a thicker filling, simply refrigerate before serving.

Yields: Filling for one nine-inch vegan pecan-date pie crust

1 (15-oz) can pumpkin purée
 1½ cups unsweetened plant milk such as soy or coconut for the creamiest texture
 ¼ cup arrowroot or tapioca starch

1 tsp vanilla extract
 ½ Tbsp pumpkin pie spice
 ½ tsp sea salt
 ⅔ cup Medjool dates, pitted

Preheat the oven to 350° F.

Add all ingredients, except for the starch and dates, into a large pot. Stir well and bring to a simmer.

While the pumpkin mixture is heating, prepare a “slurry” by adding two to three tablespoons of water to the starch in a small bowl. Gently mix together until a thick liquid has formed; avoid clumps.

Add the slurry to the simmering pumpkin mixture and cook over medium heat for five to six minutes, stirring continuously.

Transfer this mixture to a blender or food processor, add in the pitted (unsoaked) Medjool dates and blend until smooth.

Pour the filling into a prepared crust, then bake for 30 to 35 minutes.

Let cool completely before slicing and serving.

Adapted recipe and photo courtesy of Caitlin Shoemaker, of Miami, FL; FromMyBowl.com/pecan-pumpkin-custard-pie.

