

Pumpkin Pie

Ingredients:

- 1 prepared pie shell (frozen or homemade)

Filling

- 1 12.3 oz. pkg. Mori-Nu tofu, firm
- 2 15 oz. cans pumpkin
- 2 tsp. cinnamon
- 1 tsp. ginger
- ¼ tsp. cloves
- ½ tsp. nutmeg
- 1 tsp. salt
- 2 tsp. vanilla
- 1 ¼ c. sugar
- 2.3 c. non-dairy creamer
- 2 Tbsp. cornstarch

Optional Topping

- 1 c. pecan halves
- ½ c. brown sugar
- ¼ tsp. cinnamon
- 6 Tbsp. soy margarine

Instructions:

1. Combine all filling ingredients in a blender and blend until smooth.
2. Pour into prepared pie shell and bake at 425 degrees for 15 minutes. (Be sure to use a crust protector). Reduce heat to 350 degrees and bake an additional 40-45 minutes, or until a toothpick inserted in the center comes out clean.
3. For optional topping, mix ingredients together and spoon over top of the pie before baking. Serve with non-dairy whipped topping if desired.

Pastry Crust

Ingredients:

- 1 ¼ cups all-purpose flour (I use wheat flour)
- ¼ teaspoon salt
- 1/3 cup canola oil
- 4 tablespoons cold water

Instructions:

1. Sift flour and salt. Whisk cold water into oil until emulsified. Pour oil mixture into the dry mixture. Stir quickly with fork until flour is coated with oil mixture. To prevent a tough crust, be careful not to handle pastry dough too much.
2. Roll out pastry dough between two pieces of waxed paper until it is 2 inches larger than diameter of the pie plate you are using. Peel off the top piece of waxed paper and lay rolled pastry over the pie or tart pan. Remove waxed paper and fit crust into the pan, removing all air bubbles. Finish the edge according to your preference. If using a tart pan, use your fingers to seal the top edge of crust tightly to the pan to keep crust from falling in as it bakes.
3. If you are baking the crust without a filling, be sure to prick the bottom and sides of the uncooked crust liberally with a fork to prevent air bubbles and falling edges. Bake in 450 deg. F oven for 12-15 minutes, or till pastry is golden. Cool on a wire rack.

Makes 1 crust.

Prep. time: 5 minutes.

Cooking time: 12-15 minutes.