

Vegan Pumpkin Custard Pie

(Courtesy of Jennifer Raymond)

1 9 or 10-inch pie crust
1/2 cup sugar or other sweetener
4 tablespoons cornstarch
1 teaspoon cinnamon
1/2 teaspoon ginger
1/8 teaspoon cloves
1/2 teaspoon salt
1 fifteen ounce can solid-pack pumpkin
1 1/2 cups soy milk or rice milk

Preheat the oven to 350 F. In a large bowl, stir together the sugar, cornstarch, spices, and salt. Blend in the pumpkin and soymilk or rice milk, then pour into a 9 or 10-inch crust and bake until set, about 45 minutes. Cool before cutting.

Fat-free pie crust

Makes one 9-inch crust

1 cup Grape-Nuts cereal
1/4 cup apple juice concentrate (undiluted)

Preheat oven to 350 F. Mix the Grape-Nuts and apple juice concentrate and pat into a 9-inch pan. Bake for 8 minutes. Cool before filling.