

# Baked Pumpkin Pie Pudding

*Vegan, Gluten-Free, Sugar-Free, High-Protein*

## Ingredients

- 1 (15 oz) can 100% pumpkin puree (I used organic)
- 1 (14 oz) container silken soft tofu (I used non-gmo)
- 1/2 cup non-dairy milk (I used organic vanilla soymilk), or more if needed
- 1/2-3/4 cup stevia baking blend, (I like the flavor with 1/2 cup, but my family prefers it at 3/4 cup so use accordingly) or regular sugar if desired
- 1 1/2 tsp ground cinnamon
- 3/4 tsp ground ginger
- 1/4 tsp ground cloves
- 1/8 tsp ground nutmeg

## Directions

Add the non-dairy milk, pumpkin, and tofu to the blender. Put the cap on the blender, and blend until smooth. You can also do these first steps (all of the steps before baking in fact) in a bowl if desired. Just make sure to really mix the tofu and pumpkin together until they become one.

Add the spices and stevia! Blend until combined. (You could also just whisk it in by hand, but I'm lazy, so I use my blender. ;))

Once the mixture is even in tone and creamy (it should be thick-ish), pour it into a lightly sprayed 9-in pie pan. I like to place the pie pan on a cookie sheet too to allow for better balance. Then bake at 350 degrees F (177 degrees C for those who use the metric system) for about 60 minutes or until it is golden brown and bubbling slightly in the center.

Allow the pudding/pie to cool (it thickens slightly as it cools), and serve! My family like to top it with cool whip or whipped cream, while I like it just as it is.

So, it's practically veggies and protein. What more could you ask in a treat?! :D

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