

whole foods vegan pumpkin pie

whole foods vegan pumpkin pie offers a delicious and nutritious alternative to traditional pumpkin pie recipes, perfect for those adhering to plant-based diets or seeking cleaner ingredient options. This wholesome dessert combines the rich flavors of pumpkin with natural sweeteners and whole food ingredients, resulting in a pie that is both satisfying and health-conscious. By utilizing ingredients such as pumpkin puree, natural spices, and whole grain crusts, whole foods vegan pumpkin pie maintains the classic taste while eliminating animal products and refined sugars. This article explores the benefits of choosing whole foods and vegan options, provides a detailed recipe, and shares tips for perfecting this seasonal favorite. Additionally, it addresses common questions about ingredients, preparation techniques, and storage to ensure success. Embracing whole foods vegan pumpkin pie can enrich your holiday menu with a nourishing, plant-based dessert everyone can enjoy. Below is an overview of the main topics covered in this comprehensive guide.

- Benefits of Whole Foods Vegan Pumpkin Pie
- Essential Ingredients for Whole Foods Vegan Pumpkin Pie
- Step-by-Step Recipe for Whole Foods Vegan Pumpkin Pie
- Tips for Perfecting Your Vegan Pumpkin Pie
- Storage and Serving Suggestions

Benefits of Whole Foods Vegan Pumpkin Pie

Choosing whole foods vegan pumpkin pie offers numerous health and environmental advantages. This dessert prioritizes minimally processed, nutrient-dense ingredients free from animal products and refined sugars. The use of whole foods such as fresh pumpkin, nuts, and natural sweeteners supports a balanced diet and can improve overall wellness. Additionally, vegan recipes reduce reliance on dairy and eggs, which often have higher environmental footprints. Whole foods vegan pumpkin pie is also suitable for individuals with dietary restrictions, including lactose intolerance, egg allergies, or those following ethical eating practices.

Nutritional Advantages

Whole foods vegan pumpkin pie provides a range of essential nutrients, including fiber, vitamins A and C, antioxidants, and healthy fats. Pumpkin, the star ingredient, is low in calories and rich in beta-carotene, which supports immune function and eye health. Using whole grain crusts adds fiber and complex carbohydrates that promote satiety and stable blood sugar levels. Natural sweeteners like maple syrup or coconut sugar contribute minerals and have a lower glycemic index compared to refined sugar, making this pie a better option for blood sugar management.

Environmental and Ethical Considerations

By opting for vegan ingredients, this pumpkin pie reduces dependence on animal agriculture, which is associated with higher greenhouse gas emissions, water consumption, and land use. Whole foods

approaches further minimize environmental impact by avoiding heavily processed components and synthetic additives. This combination aligns with sustainable eating practices and supports ethical treatment of animals, appealing to environmentally conscious consumers.

Essential Ingredients for Whole Foods Vegan Pumpkin Pie

Creating an authentic whole foods vegan pumpkin pie requires a careful selection of ingredients that maintain traditional flavor and texture without animal products or refined additives. The focus is on whole, plant-based components that provide natural sweetness, creaminess, and structure.

Pumpkin and Purees

Pumpkin puree is the foundation of the filling and should be made from fresh or 100% pure canned pumpkin without additives. Pureed butternut squash or sweet potato can be used as alternatives or in combination for a subtly different flavor and texture. The puree contributes moisture, natural sweetness, and the characteristic orange color.

Natural Sweeteners

Whole foods vegan pumpkin pie uses sweeteners derived from plants that retain some nutritional value. Common options include:

- Maple syrup
- Coconut sugar
- Agave nectar
- Date syrup or blended dates

These sweeteners provide a balanced sweetness and complement the spices without the blood sugar spikes associated with refined sugar.

Binding and Creaminess Agents

To replace eggs and dairy, the recipe incorporates plant-based binders and creamy elements such as:

- Silken tofu
- Cashew cream (soaked and blended cashews)
- Flaxseed meal or chia seeds mixed with water (vegan egg substitutes)
- Non-dairy milk like almond, oat, or coconut milk

These ingredients help achieve a smooth, custard-like texture typical of pumpkin pie.

Spices and Flavorings

Traditional spices enhance the flavor profile and provide warmth. Common spices include:

- Cinnamon
- Nutmeg
- Ginger
- Cloves
- Allspice

Pure vanilla extract and a pinch of salt further elevate the taste.

Crust Components

The crust can be made from whole grain flours such as whole wheat or spelt, combined with healthy fats like coconut oil or vegan butter. Alternatively, a nut and date crust offers a no-bake, gluten-free option that aligns with whole foods principles.

Step-by-Step Recipe for Whole Foods Vegan Pumpkin Pie

This section provides a detailed guide to preparing a delicious whole foods vegan pumpkin pie from scratch, ensuring both flavor and texture are optimized.

Preparing the Crust

Begin by selecting your preferred crust type. For a traditional whole grain crust, combine whole wheat flour, coconut oil, and cold water:

1. Mix 1 ½ cups whole wheat flour with ¼ teaspoon salt in a bowl.
2. Cut in ⅓ cup solid coconut oil until the mixture resembles coarse crumbs.
3. Add 3-4 tablespoons cold water gradually until dough forms.
4. Press the dough evenly into a 9-inch pie dish.
5. Chill in the refrigerator for 30 minutes before baking at 350°F (175°C) for 10 minutes.

Alternatively, for a no-bake crust, blend 1 ½ cups pitted dates with 1 cup raw nuts until sticky and press into the pie dish.

Making the Pumpkin Filling

To create the filling, blend the following ingredients until smooth:

- 1 ½ cups pumpkin puree
- ⅓ cup maple syrup
- ½ cup silken tofu or cashew cream
- 2 tablespoons flaxseed meal mixed with 6 tablespoons water (let sit 5 minutes)
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground ginger
- ⅛ teaspoon ground cloves
- 1 teaspoon vanilla extract
- ¼ teaspoon salt

Pour the filling into the pre-baked crust and smooth the top.

Baking the Pie

Bake the assembled pie at 350°F (175°C) for 45-50 minutes, or until the filling is set but still slightly jiggly in the center. Allow the pie to cool completely at room temperature, then refrigerate for at least 4 hours to firm up and develop flavor.

Tips for Perfecting Your Vegan Pumpkin Pie

Achieving the ideal texture and flavor in whole foods vegan pumpkin pie requires attention to detail and a few helpful strategies.

Choosing Quality Ingredients

Use organic pumpkin puree when possible to avoid additives and ensure freshness. Freshly ground spices retain more potent aromas than pre-ground varieties. Opt for raw nuts and unrefined sweeteners to maximize nutritional benefits.

Adjusting Sweetness and Spice

Sweetness preferences vary; start with the recommended amount of sweetener and taste the filling before baking. Adjust spices to personal taste, balancing warmth and sweetness for a harmonious flavor.

Preventing a Soggy Crust

Blind baking the crust partially before adding filling helps prevent sogginess. Applying a thin layer of melted coconut oil or vegan butter to the crust before baking can create a moisture barrier.

Ensuring Proper Setting

Incorporate sufficient binding agents like flaxseed egg or tofu to help the filling set properly. Avoid overbaking, which can dry out the pie; the filling should still jiggle slightly when removed from the oven.

Storage and Serving Suggestions

Proper storage and serving enhance the enjoyment and longevity of whole foods vegan pumpkin pie.

Storing the Pie

Refrigerate leftover pie covered tightly with plastic wrap or in an airtight container. The pie will keep well for up to 5 days. For longer storage, freeze individual slices wrapped in parchment paper and placed in a sealed bag for up to 2 months. Thaw in the refrigerator before serving.

Serving Ideas

Serve whole foods vegan pumpkin pie chilled or at room temperature. Top with homemade coconut whipped cream or a dusting of cinnamon for added indulgence. Pair with hot herbal tea or plant-based milk for a comforting dessert experience. This pie also complements breakfast or brunch menus as a nutritious treat.

Frequently Asked Questions

What ingredients are needed for a whole foods vegan pumpkin pie?

A whole foods vegan pumpkin pie typically includes pumpkin puree, whole wheat flour or oat flour, maple syrup or another natural sweetener, coconut oil or vegan butter, almond milk or another plant-based milk, spices like cinnamon, nutmeg, ginger, and cloves, and a flax egg or chia egg as a binder.

How do you make a vegan pumpkin pie crust using whole foods?

To make a whole foods vegan pie crust, combine whole wheat flour or oat flour with coconut oil or vegan butter and a pinch of salt. Mix until crumbly, then add a small amount of cold water or plant-based milk to form a dough. Press the dough into a pie pan and bake it partially before adding the filling.

Can I use canned pumpkin for a whole foods vegan pumpkin pie?

Yes, canned pumpkin puree is a convenient and nutritious option for whole foods vegan pumpkin pie, as long as it is 100% pumpkin without added sugars or preservatives.

What natural sweeteners are best for a whole foods vegan pumpkin pie?

Maple syrup, coconut sugar, date syrup, and agave nectar are excellent natural sweeteners to use in a whole foods vegan pumpkin pie, providing sweetness without refined sugar.

How do I make a flax egg for my vegan pumpkin pie filling?

To make a flax egg, mix 1 tablespoon of ground flaxseed with 3 tablespoons of water. Let it sit for about 5 minutes until it becomes gel-like. This mixture acts as a binder in the pumpkin pie filling.

Is it necessary to pre-bake the pie crust for a whole foods vegan pumpkin pie?

Pre-baking (blind baking) the pie crust is recommended to prevent it from becoming soggy when the filling is added. Bake the crust for about 10-15 minutes before pouring in the pumpkin filling.

How can I make my whole foods vegan pumpkin pie gluten-free?

To make a gluten-free whole foods vegan pumpkin pie, substitute regular flour with gluten-free flours like almond flour, oat flour (certified gluten-free), or a gluten-free flour blend for both the crust and filling thickener if used.

What spices should I use to enhance the flavor of a whole foods vegan pumpkin pie?

Classic spices for enhancing pumpkin pie flavor include cinnamon, nutmeg, ginger, cloves, and allspice. Using fresh or high-quality ground spices will give the pie a rich and aromatic taste.

Additional Resources

1. The Whole Foods Vegan Pumpkin Pie Cookbook

This cookbook specializes in creating delicious, wholesome pumpkin pies using only whole, plant-based ingredients. It offers a variety of recipes free from refined sugars, oils, and processed flours. Readers will find tips on selecting the best seasonal produce and making nutrient-dense crusts and fillings. Perfect for those seeking healthier, ethical holiday desserts.

2. Plant-Powered Pumpkin Pies: Whole Foods Vegan Recipes

Explore the rich flavors of pumpkin pie through a plant-powered lens in this vibrant collection of

recipes. The book emphasizes whole food ingredients like nuts, seeds, and natural sweeteners to create creamy, satisfying pies. It also includes allergy-friendly options and nutritional insights for mindful baking.

3. *Vegan Pumpkin Pie Perfection: Whole Foods Edition*

This guide offers step-by-step instructions for crafting the perfect vegan pumpkin pie using whole foods. It highlights the importance of fresh, organic ingredients and provides alternatives to traditional dairy and eggs. Readers will enjoy tips on enhancing flavor with spices and natural extracts for a pie that's both wholesome and indulgent.

4. *Harvest to Table: Whole Foods Vegan Pumpkin Pie Recipes*

Celebrate autumn's bounty with this seasonal cookbook focused on whole foods and vegan pumpkin pies. The recipes incorporate freshly harvested pumpkins and complementary ingredients sourced directly from the farm or market. Each recipe is paired with nutritional advice and suggestions for serving in festive gatherings.

5. *The Art of Whole Foods Vegan Pumpkin Pie Baking*

Delve into the techniques and artistry behind baking whole foods vegan pumpkin pies in this beautifully illustrated book. It covers everything from crust creation to filling preparation, emphasizing texture and flavor balance. Ideal for bakers who want to combine culinary skill with wholesome eating.

6. *Goodness in Every Slice: Whole Foods Vegan Pumpkin Pie*

This book offers a heartfelt approach to baking pumpkin pies that nourish both body and soul. Using whole food, plant-based ingredients, the recipes are designed to be simple, accessible, and delicious. It also includes tips for customizing sweetness levels and adjusting spices to personal taste.

7. *Purely Pumpkin: Whole Foods Vegan Pie Recipes for Every Occasion*

Purely Pumpkin showcases a range of vegan pumpkin pie recipes made exclusively with whole foods. From classic pies to innovative variations incorporating nuts, coconut, and superfoods, this book caters to diverse palates. Readers will appreciate the emphasis on natural nutrition and clean eating.

8. *Sweet & Simple: Whole Foods Vegan Pumpkin Pie Creations*

Focusing on simplicity and flavor, this cookbook presents easy-to-follow recipes for whole foods vegan pumpkin pies. The desserts are naturally sweetened and free from artificial ingredients, making them perfect for health-conscious bakers. The book also offers helpful tips on ingredient substitutions and storage.

9. *Wholesome Harvest: Vegan Pumpkin Pies with Whole Foods*

Wholesome Harvest brings together wholesome ingredients and vegan baking expertise to create scrumptious pumpkin pies. The recipes prioritize seasonal, unprocessed foods and include guidance on making gluten-free and nut-free options. Ideal for those looking to celebrate fall with nourishing, plant-based desserts.

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whole foods vegan pumpkin pie: *Staying Alive* Brenda Hunter, 2010-04-07 Heal Your Body, Embrace Your Life. Few things are more frightening, confusing, or devastating than a diagnosis of cancer. If you or someone you love has cancer (or is at risk for it), you want reliable information, reasons for hope, and a plan of attack you can trust. *Staying Alive* provides this and more. A six-year cancer survivor, psychologist, and cancer coach, Dr. Brenda Hunter presents the program that has contributed significantly to her survival, as well as interviews with cancer experts and long-term survivors. Inside you'll find: • life-changing strategies for beating cancer • an integrated, holistic approach to cancer care and survival that involves body, mind, and spirit • success stories and survival strategies from long-term cancer survivors • a proactive nutritional program designed to empower you and increase wellness • interviews with national cancer experts The good news? The human body has an amazing capacity to heal itself when life-changing strategies are applied. Dr. Brenda Hunter suggests that many of us can work to reverse—or prevent—cancer's destructive course. Learn how you may be unnecessarily putting yourself at increased risk, and discover the steps you can take today to begin to restore or protect your health. *A Cancer-Conquering Plan for Your Body, Mind, Emotions, and Spirit*

whole foods vegan pumpkin pie: *Everyday Happy Herbivore* Lindsay S. Nixon, 2011-11-29 After vegan chef Lindsay S. Nixon wrapped up her popular cookbook *The Happy Herbivore Cookbook* last year, she went back to her kitchen in her new home of St. Maarten. Island living encouraged her to come up with simpler recipes, which led her to create a follow-up cookbook with a focus on recipes that bring tasty back to quick-and-easy. Now, in Nixon's much-anticipated follow-up cookbook, *Everyday Happy Herbivore*, readers will see, once again, that just because plant-based eating is optimal for health, that doesn't mean it has to be expensive or time-consuming. *Everyday Happy Herbivore* will include more than 175 doable recipes—recipes that are so quick and easy, you could cook three healthy meals from scratch every day. Each of Nixon's recipes are made with wholesome, easy-to-find, fresh ingredients and include no added fats. With additional notes

indicating recipes that are ideal for preparing ahead of time and those you can whip up with just a few dollars, *Everyday Happy Herbivore* will be the must-have cookbook for anyone desiring a healthier, happier menu!

whole foods vegan pumpkin pie: Dreena's Kind Kitchen Dreena Burton, 2021-08-24
"Dreena's Kind Kitchen will prove to be an enduringly popular addition to personal, professional, and community library vegan/vegetarian cookbook collections." —Midwest Book Review From veteran cookbook author Dreena Burton comes a collection of 100 dependable and delicious plant-based recipes that everyone will love. Dreena Burton has been creating plant-based, whole-food recipes for more than 20 years. Home cooks know they can trust her recipes to turn out great—and to be delicious! Now, she has created this one-stop resource for making kinder, more compassionate food choices, for other beings, for the planet, and for yourself. Whether you need weekly staple meals for your family or want a dish to wow your friends for a special occasion, Dreena's Kind Kitchen has you covered with these reliable, flavorful, and healthy recipes. You'll find a variety of breakfasts, salads and dressings, small bites, soups, entrées, and sweets, including: • Lemon-Poppyseed Muffins • Wow 'Em Waffles • Potato-Cauliflower Scramble • Chipotle Chickpea Fries • White Bean and Corn Chowder • Pressure Cooker Quicken Noodle Soup • Truffle-Salted Nut Cheese • Beyond Beet Burgers • Fiesta Taco Filling • Italian Ratatouille • Holiday Dinner Torte • 1-Minute Pasta Alfredo • Crackle Blender Brownies • Mango Carrot Cake • Heavenly Baklava Dreena also shares a cooking troubleshooting section so you can boost your kitchen skills. With helpful guidance on techniques, time-saving tips, and suggestions for repurposing leftovers into delicious new dishes, this dependable resource will boost your cooking confidence and help you find success in your own plant-powered kitchen.

whole foods vegan pumpkin pie: The Rodale Whole Foods Cookbook Dara Demoelt, 2009-12-08 Farmer's markets, groceries, and natural foods stores today offer a wealth of wholesome ingredients that even a decade ago were considered unfamiliar and exotic. From quinoa to spelt flour to agave nectar and shiitake mushrooms, natural whole foods like these have come into their own as the cornerstone of a healthy, varied diet. Packed with information for purchasing, storing, and serving the full spectrum of whole foods, *The Rodale Whole Foods Cookbook* by Dara Demoelt is a comprehensive kitchen resource for contemporary cooks. Based on the classic work, this exhaustively revised edition contains nearly 1,400 recipes—more than one-third of them brand new—and updated guidelines for making the most of fresh meats, produce, and pantry essentials, soup to nuts. Here's all you need to know to make spectacular soups, stews, salads, baked goods, and more, using whole foods. You'll find dozens of casseroles (many of which can be made ahead and frozen for no-fuss weeknight meals), quick-and-easy sautés, plenty of meatless main courses, and crowd-pleasing favorites for casual get togethers. Best of all, these recipes are naturally healthful, showcasing the versatility of wholesome whole grains, natural sweeteners, seasonal fruits and vegetables, and other fresh, unprocessed foods in all their delicious variety. Also included are valuable primers on such essential kitchen topics as making stock; putting up jams and preserves; baking yeast breads; choosing cookware; sprouting seeds; making yogurt; and canning vegetables with helpful charts and glossaries on herbs and spices, cheeses, sea vegetables, seasonal produce, roasting meat and fowl, freezing foods safely, and more. A trusted, timeless classic thoroughly updated for the way we cook today, *The Rodale Whole Foods Cookbook* is sure to become an indispensable resource for health-conscious cooks.

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easy on your wallet, and completely plant-based. As they say in France, bon appétit!

whole foods vegan pumpkin pie: Healthy Vegan, Happy Body Tess Challis, 2020-05-26 You went vegan, now go healthy vegan When you have the foods you love every day, eating healthy is hassle-free. Vegan cookbooks like Healthy Vegan, Happy Body can be your all-in-one resource for reaping the many benefits of a healthy vegan diet. Think extra energy, reduced inflammation, and even financial savings! Vegan cookbooks like this can help you discover the uniquely satisfying flavors of a plant-based diet with recipes like Pad Thai, World's Healthiest Mac and Cheese, and Mint Chocolate Chip Nice Cream. With go-to information on a healthy vegan lifestyle and recipes that minimize salt, oil, and refined flours and sugars, becoming a healthy vegan using vegan cookbooks has never been so easy or tasty. Inside one of the most comprehensive vegan cookbooks, you'll find: Stock and prep—Make the transition to healthy eating fast and simple using the included tips to set up your kitchen with pantry essentials and nourishing staples. Easy labels—Find the perfect dishes for you with clearly marked labels to show whether recipes are gluten-free, leftover-friendly, fast to prepare, and more. WFPB options—For vegans who abide by the whole-foods, plant-based diet, look for numerous recipes that eliminate salt, oil, sugar, and other processed foods, plus tips for making other recipes WFPB-friendly. See how vegan cookbooks like Healthy Vegan, Happy Body are the key to loving what you eat.

whole foods vegan pumpkin pie: The Happy Herbivore Cookbook Lindsay S. Nixon, 2011-01-18 Vegan chef of one of the top 50 food blogs on the Web, HappyHerbivore.com, Lindsay Nixon, gives hundreds of thousands of her followers recipes each month, showing that the vegan diet is not only healthy but delicious, too. Now, Nixon combines some of her tastiest recipes in The Happy Herbivore Cookbook, each made with no added fats, using only whole, plant-based foods. It's easy to make great food at home using the fewest number of ingredients and ones that can easily be found at any store, on any budget. The Happy Herbivore Cookbook includes: A variety of recipes from quick and simple to decadent and advanced Helpful hints and cooking tips, from basic advice such as how to steam potatoes to more specific information about which bread, tofu or egg replacer works best in a recipe An easy-to-use glossary demystifying any ingredients that may be new to the reader Healthy insight: Details on the health benefits and properties of key ingredients Pairing suggestions with each recipe to help make menu planning easy and painless Allergen-free recipes, including gluten-free, soy-free, corn-free, and sugar-free With a conventionally organized format; easy-to-follow, step-by-step instructions; nutritional analyses, colorful photographs; funny blurbs at the beginning of each recipe; helpful tips throughout; and chef's notes suggesting variations for each dish, even the most novice cook will find healthy cooking easy—and delicious!

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whole foods vegan pumpkin pie: The Grain-Free, Sugar-Free, Dairy-Free Family Cookbook Leah Webb, 2019 Including One Month of Kid-Friendly Meal Plans and Detailed Shopping Lists to Make Life Easier As the rate of chronic illness skyrockets, more and more parents are faced with the sobering reality of restrictive diets. And because everyone is busy, many families come to rely on store-bought healthy products to make life simpler, but many of these are loaded with sugar and hidden toxins. When faced with her own family health crisis, mother and health coach Leah Webb realized that in order to consistently provide high quality food for her family, nearly 100 percent of their meals would need to be homemade. But when she looked for a resource to guide her, most cookbooks that offered recipes free of allergenic foods were also high in processed starches, flours, and sugar. Webb, like so many parents, was looking for a cookbook that offered deeply nutritious, kid-friendly, whole foods recipes that were also easy, but there wasn't one--so she wrote it herself. The Grain-Free, Sugar-Free, Dairy-Free Family Cookbook offers a new system to preparing food and approaching the kitchen that gets kids involved in cooking, which encourages excitement around food (a major challenge with restrictive diets). The recipes are rich in healthy fats, nutrient-dense vegetables, ferments, and grass-fed meats, and include snacks, school lunches, and delicious sweet treats that rival the flavors of sugar-dense desserts. By following Leah's meal plans, parents will be sure to please everyone in the family and make cooking on a restrictive diet enjoyable and doable over a long period of time. Families that know they would like to rid themselves of grain, sugar, and dairy, but are intimidated by starting, will find Webb's advice and troubleshooting invaluable. The cookbook outlines family-tested methods that make for effective and efficient preparation, including everyday basic recipes that will become part of a cook's intuitive process over time. The best part is that although Leah prepares nearly every single one of her family's breakfasts, lunches, dinners, and snacks using whole food ingredients, she only spends four to six hours on food preparation per week Through stocking her freezer, prepping the kitchen, shopping and cooking in bulk, and consistently planning meals, this diet plan is not only possible; it is manageable and fulfilling. Prepare for this cookbook to radically change your life.

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healthy cooking. Their curriculum emphasizes local ingredients and the philosophy of using food as medicine. Now, in their very first cookbook, *Natural Gourmet* reveals how to utilize whole seasonal ingredients in creative and delicious ways. You'll learn about methods for sourcing sustainable ingredients, principles of nutrition, and much more. Every recipe is perfect for anybody wanting to eat a little healthier, whether to adhere to a specific diet, to do better for the earth, or just to feel better.

whole foods vegan pumpkin pie: *Cooking Vegan* Vesanto Melina, Joseph Forest, 2012-07-16 *COOKING VEGAN* was designed to help vegan and non-vegans alike understand how to use plant-based foods to sustain and maintain good health. Internationally renowned vegan dietitian Vesanto Melina and professional chef Joseph Forest combine their expansive knowledge and experience in this tour de force of information and tempting recipes to help readers expand their nutritional knowledge and increase their culinary repertoire. A companion book to Vesanto's best-selling *Becoming Vegan* (coauthored with Brenda Davis, R.D.), *COOKING VEGAN* expertly demonstrates that a well-balanced vegan diet supplies all the nutrients our bodies need. Explicit information is given on which foods provide protein to help maintain fitness, the right combination of nutrients to build strong bones, the best sources for carbohydrates and fats, and smart choices for obtaining vitamins D and B12. Each recipe has a complete nutritional analysis listing the number of calories and the amount of protein, fat, carbohydrates, minerals, vitamins, and essential fatty acids per cup or serving. A *Vegan Food Guide* describes the necessary food groups and provides recommended servings for optimal nutrition. Special emphasis was placed on creating foods that appeal to the senses of sight, smell, taste, and touch. A beginner seeking simplicity and a gourmet chef exploring the depths and nuances of flavor will both find nourishing and appetizing meals easy to assemble. Twelve daily menus combine recipes to help people of any age, activity level, or ability in the kitchen get a sense of how to mix and match dishes to suit their needs. A few of the delicious recipes to savor include Cashew Cheese Lasagne, Fiesta Quinoa Salad w/ Lime Dressing, Portobello Mushroom Burgers, Tuscan Minestrone and Chocolate-Orange Cake. *Cooking Vegan* shows how to adopt a diet that is not only healthful, but inspirational to prepare, and satisfying to eat.

whole foods vegan pumpkin pie: *The Naked Foods Cookbook* Margaret Floyd, James Barry, 2012-05-03 There's nothing better than taking a bite of a delicious meal you've prepared, knowing that each ingredient is helping create a more gorgeous you! Eating "naked" foods—nutrient-dense, additive-free whole foods— helps you lose weight and vastly improves the way you look and feel. And with this book, it's easier than ever to make naturally tasty naked meals you can feel good about eating and serving to others. Written by Margaret Floyd, author of *Eat Naked*, and chef to the stars James Barry, *The Naked Foods Cookbook* includes over 150 gluten-free recipes for simple dishes that bring out the natural flavors and nutrients of fresh, whole foods. The benefits of eating naked are lifelong, and you can start seeing results within the week. So what are you waiting for? It's time to enjoy the naked foods your body craves. Your body will love you for it, and you will love your body! Learn how to make delicious, naked comfort foods: • Grainless granola • Ketchup (with probiotics!) • Raw chocolate fudge • Nut-crusted pesto chicken • Noodle-less lasagna • Cheesy kale chips • Gluten-free pizza dough • Quinoa tabouleh • Sweet potato shepherd's pie • Maple-sage pork tenderloin

whole foods vegan pumpkin pie: *Paleo Desserts* Jane Barthelemy, 2015-05-01 Now you can have your cake and be paleo, too! The Paleolithic diet and lifestyle -- based on eating hunter/gatherer foods for optimal health -- has surged in popularity, but with grains, dairy, and refined sugars off the menu, indulging isn't easy. *Paleo Desserts* is the first comprehensive cookbook of its kind: everyone's favorite desserts now made Paleo friendly, lower carb, and gluten free. Providing 125 mouthwatering, easy-to-follow recipes from brownies to milkshakes, Jane Barthelemy serves up treats to satiate even the biggest caveman sweet tooth. Recipes include Raspberry Crumble Bars, Tiramisu, Black Forest Cherry Pie, Lemon-Berry Parfait, Pumpkin Cheesecake, Whipped Coconut Crè, and more. *Paleo Desserts* includes a color-photo insert and ingredient lists for simplified shopping.

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