



TM

VEGAN PUMPKIN CHEESECAKE

So far, this has been voted the #1 dessert at my house. To save time, the cookie crumb base can be replaced with gluten-free graham crackers baked into a crust the same way as outlined below.

INGREDIENTS

- 2½ cups World Peace Cookies, crumbled
- 3 tablespoons coconut oil
- 3 eggs, room temperature*
- 3 8-ounce containers Tofutti Better Than Cream Cheese
- 1 teaspoon vanilla extract
- 1 15-ounce can pumpkin puree
- 1 ½ teaspoons pumpkin spice
- 1 teaspoon fresh lemon juice

INSTRUCTIONS

1. Break the cookies into a food processor. Add the coconut oil and blend until completely crumbled and beginning to stick together.
2. Press into a greased 9.5-inch springform pan.
3. Bake at 375°F for 7 minutes.
4. Remove from oven and lower temperature to 350°F.
5. Add remaining 6 ingredients to the food processor and process until smooth.
6. Pour mixture into prepared crust and bake for 45 minutes or until top begins to turn golden brown. The centre will not set but will firm up later in the fridge.
7. When finished baking, remove from the oven and let cool to room temperature.
8. Refrigerate until chilled.

*To make this a vegan recipe, replace the eggs with 3 tablespoons ground flax seed soaked in ½ cup room temperature water for a few minutes until the mixture takes on an “eggy” consistency.

Nutrition Facts	
8 servings per recipe	
Serving size 1 slice(196g)	
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 16g	20%
Saturated Fat 10g	50%
Trans Fats 0g	
Cholesterol 80mg	25%
Sodium 170mg	8%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 4g	
Includes 0g added sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 35mg	4%
Iron 1mg	8%
Potassium 160mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	