

## Shopping List

### Produce

Sugar Pie Pumpkin

### Bulk

Molasses

Maple syrup

Vanilla extract

Cinnamon

Nutmeg

### Grocery

Apple Cider

### “Dairy”

Silken tofu (2 pkgs)



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Est. 1970—Celebrating 40 years!

Vegan Pumpkin  
Mousse  
(for use in pies or  
dessert cups)



Source: adapted from Linden  
Hills Co-op

# Vegan Pumpkin Mousse

## INGREDIENTS

2 packages firm\* silken tofu

¼ c molasses

½ c maple syrup

2 c cooked pumpkin \*\*

¼ c apple cider

1 ½t vanilla extract

1 ½t cinnamon

¾ t nutmeg

Sea salt

\*Use Extra Firm silken tofu if you are making as a pie filling.

\*\* A 4 pound sugar pie pumpkin will yield about 1 ½ c of pumpkin puree.

## INSTRUCTIONS

1. Prepare your pumpkin(s) - wash outside of pumpkin and cut in half and discard the stem and the stringy pulp (save the seeds to dry and roast later!).
2. In a shallow baking dish, place pumpkin halves face down and cover with foil (you can choose to sprinkle a little sea salt on the inside if you wish).
3. Bake in a 375° oven for about 1 ½ hours or until it is tender. Let pumpkin cool, then remove the flesh and either purée or mash it.
4. Process tofu and pumpkin in a food processor until smooth.
5. Combine all other ingredients and add to the food processor. Process until creamy.
6. Fill individual dessert cups or pour into a pre-baked pie crust and chill until firm.

## Roasted Pumpkin Seeds:

1. Preheat oven to 300°.
2. Clean all the pulp and strings off your seeds (it is easiest right after you have removed them from the pumpkin).
3. Put some melted butter or oil in a bowl, along with any seasonings you would like to add, and add pumpkin seeds—toss to coat.
4. Place seeds (in a single layer) on a rimmed baking sheet lined with parchment paper.
5. Bake for about 30 minutes, or until golden brown, stirring occasionally. Keep an eye on them, depending on the accuracy of your oven, they may cook more quickly, or they may take longer to cook.
6. Enjoy hot out of the oven, or cooled!



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Makes about 4 1/2c—good for one big pie!