

# Vegan Cooking 101 Pumpkin Recipes

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## PUMPKIN MINI MOUSSE WITH GINGERSNAPS & WHIPPED CREAM

### INGREDIENTS:

#### MOUSSE:

1 (12 ounce) box of Silken Tofu  
5-6 Medjool dates, pitted and soaked  
3/4 cup raw cashew pieces, soaked  
1/4 cup maple syrup  
1 (15 ounce) can pumpkin puree  
1 teaspoon cinnamon  
1/2 teaspoon ground ginger  
1/4 teaspoon grated nutmeg  
2 cups Nabisco Ginger Snaps, crushed

#### WHIPPED CREAM:

1 (15 ounce) can coconut cream, chilled  
2 tablespoons maple syrup  
1 teaspoon vanilla

#### TOPPING:

1/2 cup glazed walnuts or pecans, chopped  
Gingersnap wedges for garnish

### DIRECTIONS:

Place the dates and cashews in a small bowl. Cover them with boiling water and let them soak for 30-40 minutes to soften.

Drain the dates and cashew and place them in a blender jar. Add the maple syrup, pumpkin puree, cinnamon, ginger, nutmeg, and tofu, and blend until smooth.

Place 2-3 cups of Nabisco gingersnaps in a Ziplock bag and crush them into crumbs with a rolling pin. Set the crumbs aside.

Chill a medium mixing bowl and wire whisk in the freezer for about 10 minutes. Drain the liquid from the chilled coconut cream and scoop the cream into the chilled bowl. Add the vanilla and maple syrup. Whisk it until smooth and fluffy. Transfer the whipped cream into a pastry bag or a Ziplock bag and keep it chilled.

Gather 10-12 small liqueur glasses or serving dishes. Place a generous tablespoon of the gingersnap crumbs on the bottom of each glass to create the first layer. Top the crumbs with about 2 tablespoons of the pumpkin mousse. Tap the glass down on a wooden surface to even the layers.

Pipe a layer of whipped cream over the mousse gently squeezing it from a pastry bag. Or, squeeze it from a Ziplock bag with a 1/2-inch corner cut away from the bottom of the bag. Gently tap the glass on a wooden surface again to even the layers.

Spoon the second layer of mousse over the whipped cream. Gently tap it down a third time. Top the mousse with a final dollop of whipped cream. Sprinkle a few chopped glazed walnuts or pecans over the top and chill until firm.

Just before serving, cut a few of the remaining gingersnaps into wedges. Garnish the top of each serving with a gingersnap wedge and serve chilled. Makes 10-12 mini dessert servings.





## PUMPKIN SPICE FRENCH TOAST

### INGREDIENTS

#### PUMPKIN BUTTER:

1/4 cup premium vegan butter, softened  
2 tablespoons pumpkin puree  
2 tablespoons maple syrup  
Pinch of pink salt

#### FRENCH TOAST:

8 slices of French or sourdough bread  
1 cup firm tofu, packed  
3/4 cup non-dairy milk  
1/2 cup pumpkin puree  
2 tablespoons light brown sugar  
1 teaspoon vanilla  
1 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1/4 teaspoon ginger

#### ACCOMPANIMENTS:

Vegan butter for grilling  
Maple syrup  
Organic powdered sugar  
Fresh fruit garnish

### DIRECTIONS:

#### PUMPKIN BUTTER:

Combine the softened vegan butter, pumpkin puree, maple syrup, and a pinch of salt in a small mixing bowl, stir well. Chill the pumpkin butter in the freezer for 10 - 15 minutes. Remove it from the freezer, stir again to smooth it out, then roll it into one-inch butterballs. Store them covered and chill until ready to serve.

#### FRENCH TOAST:

Combine the tofu, non-dairy milk, pumpkin puree, brown sugar, vanilla, cinnamon, nutmeg and ginger in the jar of a blender. Blend it until smooth. Transfer the creamed mixture to a pie pan or shallow dish wide enough to lay the slices of bread down.

Heat a large frying pan or flat grill to medium high. Melt a small amount of vegan butter on the hot surface and spread it around evenly. Submerge one slice of bread at a time into the pumpkin mixture coating both sides. Transfer each soaked slice of bread to the hot surface and cook for 4-5 minutes on each side or until it becomes golden brown.

Place the grilled French toast on a warm plate and top it with maple syrup, a pumpkin butterball and a sprinkle of optional organic powdered sugar. Serve hot with a fresh fruit garnish. ***Makes four servings.***

### TRADITIONAL FRENCH TOAST

*Omit the pumpkin puree and spices to create an everyday version of this traditionally egg-rich breakfast classic.*

8 slices of French or Sourdough bread  
1 cup firm tofu, packed  
1 cup plus 2 tablespoons non-dairy milk  
2 tablespoons cane sugar  
1 teaspoon vanilla

Combine the tofu, milk, sugar and vanilla in the jar of a blender and blend until smooth. Soak and grill the bread according to the instructions above. Serve topped with maple, blueberry, or raspberry syrup, vegan butter, and fresh fruit.







## ROASTED PUMPKIN SOUP

### INGREDIENTS:

**3 pounds fresh pumpkin, cut into large chunks (four cups roasted)**  
**2 tablespoons olive oil**  
**1 tablespoon maple syrup**  
**Freshly ground salt and pepper to taste**  
**2 tablespoons vegan butter**  
**1 medium sweet onion, diced**  
**3 cloves garlic, minced**  
**1 teaspoon ground cinnamon**  
**½ teaspoon ground nutmeg**  
**Pinch of ground cloves**  
**4 cups of vegetable broth**  
**1 (15 ounce) can coconut cream (or substitute with non-dairy creamer)**  
**Toomey Seasoning or freshly ground salt and pepper to taste**

### Toppings:

**Vegan croutons, crushed**  
**Pepitas (pumpkin seeds), lightly toasted and served warm**  
**Fresh parsley, chives, and thyme chopped**  
**Toomey Seasoning or freshly ground salt and pepper to taste**

### DIRECTIONS:

Preheat the oven to 400° Fahrenheit. Line a baking sheet with parchment or a silicone mat. Combine the olive oil, maple syrup, salt and pepper in a small liquid measuring cup or a bowl. Place the pumpkin on the baking sheet, baste it with the olive oil mixture. Roast the pumpkin for 30-40 minutes or until fork tender. It should be lightly browned around the edges.

Heat a small stock pot to medium high, add the vegan butter and diced onion. Sauté for 6-8 minutes or until the onion is soft and translucent. Add the minced garlic and continue sautéing until fragrant. Add the ground cinnamon, nutmeg and cloves, stir to combine then add the vegetable broth, coconut cream and roasted pumpkin seeds. Bring to a simmer and cook for 15-20 minutes to develop the flavor. Use a submersible blender to puree the soup or puree it in small batches using a blender jar and large liquid measuring cup.

Heat the soup thoroughly and serve topped with a layer of crushed croutons, fresh herbs, warm toasted pumpkin seeds and a sprinkle of seasoning or freshly ground salt and pepper to taste. Serves 6-8, makes a great holiday recipe or fill mason jars to create a gourmet gift from the kitchen. Stores covered and chilled for three to four days.