



Makes one 9-inch cheesecake
Preparation Time: 30 minutes
Cook Time: 1 hours

INGREDIENTS:

1 cup white whole wheat flour or whole wheat pastry flour

¼ cup chopped pecans

½ teaspoon sea salt

¼ teaspoon ground cinnamon

1 cup [Date Paste](#)

½ cup unsalted raw cashews

½ cup unsweetened, unflavored plant-based milk

½ cup pure maple syrup

2 tablespoons cornstarch

2 tablespoons lemon juice

2 teaspoons pure vanilla extract

1½ teaspoon pumpkin pie spice

1 12.3-oz. package lite silken firm tofu

1 15-oz. can pumpkin puree (1½ cups)

1 recipe [Aquafaba Whipped Cream](#)

Vegan Pumpkin Cheesecake

Creamy and wonderfully aromatic, this [Pumpkin](#) Cheesecake offers a lighter, plant-based take on a beloved holiday favorite, while still delivering all the finger-licking goodness you crave. Pecans add extra richness to the whole wheat crust, which is naturally sweetened with dates. The creamy pumpkin filling gets its luscious texture from silken tofu and cashews. Chill, then serve with a generous dollop of [Aquafaba Whipped Cream](#)! (Make the whipped cream right before serving for the best texture.)

Tips

Date paste: This recipe calls for date paste, a [wholesome sweetener](#). Date paste stores well in the fridge or freezer, so with a little planning, it's easy to prepare ahead of time. Use our super simple [Date Paste recipe](#).

Pumpkin pie spice: To make your own, in a small bowl whisk together 2 tablespoons ground cinnamon, 2 teaspoons ground ginger, and 1 teaspoon each ground nutmeg, ground allspice, and ground cloves. Transfer to a jar; store in a cool, dark place. Makes about 3½ tablespoons.

For more inspiration, check out these tasty ideas:

- [Pumpkin Pie Tart with Oat Crust](#)
- [Pumpkin Spice Bread](#)
- [Chocolate Chip Pumpkin Muffins](#)
- [Pumpkin Cranberry Cookies](#)

By Laura Marzen, RD, LD

- 1 Line the bottom of a 9-inch springform pan with parchment paper. Place pan on a double layer of 18×12-inch heavy-duty foil. Bring edges of foil up and mold around outside of pan to form a watertight seal.
- 2 For crust, in a food processor combine flour, pecans, ¼ teaspoon of the salt, and the cinnamon. Process 30 seconds to mix and chop pecans more finely. Add [Date Paste](#); pulse at least 15 times or until mixed well and mixture resembles fine crumbs and holds together when pressed in your palm. Press crust mixture over bottom and about ½ inch up sides of the prepared pan.
- 3 In a medium bowl soak cashews in enough very hot water to cover 15 minutes; drain and rinse.
- 4 Preheat oven to 350°F. In a blender combine soaked cashews, the remaining ¼ teaspoon salt, and the next six ingredients (through pumpkin pie spice). Cover and blend until very smooth, scraping sides of blender as needed. Add tofu and pumpkin; cover and blend until smooth. Spoon mixture into crust, spreading evenly. Place springform pan in a roasting pan. Add boiling water to roasting pan to reach halfway up sides of springform pan. Carefully transfer pans to oven.
- 5 Bake 55 to 60 minutes or until edges are slightly puffed and

center is set (175°F). Remove springform pan from water bath; remove foil and place pan on a wire rack. Cool in pan 15 minutes. Using a thin metal spatula, carefully loosen edges of cheesecake from side of springform pan; remove side of pan. Cool completely on wire rack. Cover and chill at least 4 hours before serving. Serve cheesecake with [Aquafaba Whipped Cream](#).