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## Raw Vegan Pumpkin Cheesecake

By vegangela Published: [October 28, 2011 at 7:57 PM](#)

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So many amazing-looking pumpkin recipes have come out as part of the [Vegan Month of Food](#). Are you all pumpkined-out though? I hope not, because I have this "rawsome" contribution!

This recipe combines traditional pumpkin pie and my decent discovery of [raw vegan cheesecake](#). Even with the cashews and coconut oil, it's still a lot lighter than cheesecake, or even traditional pumpkin pie. It's spicy yet fresh, and if you wanted to eat a slice for breakfast, I don't think that anyone would hold it against you.



### ABOUT ME

My name is Angela. I'm a Canadian currently living in Toronto, after having spent the past 3 years in Sydney, Australia. I'm passionate about food and love sharing healthy vegan recipes. > [MORE](#)

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**PARFAITS**  
POSTED OCT 10, 2012

Ahh, this looks like a great breakfast! Or



**Notes**

- I used a dark-green (Japanese?) pumpkin, but any small pumpkin should work.
- My food processor is really just a small "chopper" adapter for my stick blender, so it wasn't big enough to handle all the filling. I had to work in batches, but I managed to get everything evenly blended.

**Update:** November 9, 2011 – I forgot to mention that this is pretty intense-tasting. So you may want to mellow it out with some vegan whipped cream or ice cream, just to smooth all those strong flavors

dessert too, but I like me some pumpkin  
 : without breakfasts

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## RECIPE

### Raw Vegan Pumpkin Cheesecake

#### Ingredients

- 2 cups almonds
- 1 cup dates
- 2 cups raw cashews
- 2 cups fresh grated pumpkin
- 1/2 cup coconut oil
- 3 tbsp lemon juice
- 1/2 cup agave
- 1 tsp vanilla
- 4 tsp cinnamon
- 1 tsp nutmeg
- 2 tsp ginger

#### Directions



1. Soak cashews in water for at least 1 hour, then drain.
2. In a food processor, blend the almonds and dates until finely chopped. Add a tablespoon of water if that helps to get things moving. Press the mixture into the bottom of a spring-form pan.
3. Wash-out the food processor and blend all other ingredients until combined and creamy.
4. Pour mixture into spring-form pan and smooth out the surface. Cover with aluminum foil, and let it set in the freezer for at least 4 hours. This will harden the coconut oil and set the cheesecake. After this time, transfer the cheesecake in the refrigerator for at least one hour before serving. When opening the spring-form pan, gently insert a knife along the edge of the cheesecake, so that it does not stick to the edge of the pan.





It's also really nice served with raw chocolate sauce (1 tbsp raw cocoa powder + 1 tbsp agave syrup + 1/2 tbsp coconut oil)



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[Amanda](#)

Posted [October 28, 2011 at 11:20 PM](#)

This looks amazing and beautiful. I can see this making an appearance during the holidays here. Thanks for sharing!

**Reply**

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[vegangela](#)

Posted [October 29, 2011 at 2:45 PM](#)

Thanks Amanda. It's definitely not as decadent as regular vegan pumpkin pie, but considering how healthy it is, I really like it. Let me know if you try it!

**Reply**

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[shea](#)

Posted [October 28, 2011 at 11:22 PM](#)

looks very delicious :)

**Reply**

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[vegangela](#)

Posted [October 29, 2011 at 2:45 PM](#)

Thank you :)

**Reply**

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**[Cara](#)**Posted [October 29, 2011 at 2:28 AM](#)

Wow, wow and WOW!!! Man, the things raw foods are becoming these days. Like a pumpkin pie?? Will you come over and make this for me? I'm elbow-deep in tempered chocolate and need a pie break :)

**Reply****[vegangela](#)**Posted [October 29, 2011 at 2:46 PM](#)

Hmm, is it just me, or do I see a vegan-candy-bar/raw-vegan-pumpkin-pie swap in our near future?

**Reply****[Lauren \(PB&G\)](#)**Posted [October 29, 2011 at 2:49 AM](#)

Wow!! This looks amazing! I don't have fresh pumpkin, sadly. Do you think I could use canned pumpkin as a substitute?

**Reply****[vegangela](#)**Posted [October 29, 2011 at 2:47 PM](#)

Hmm, yes, I think that would be fine. It would certainly be a lot creamier that way (and of course, not considered raw)... you may also need to adjust the spices..? Let me know if you try it!

**Reply****[rachel](#)**Posted [October 29, 2011 at 8:38 AM](#)

oh wow this is beautiful! i must try this, i bet it tastes amazing :)

**Reply****[vegangela](#)**Posted [October 29, 2011 at 2:48 PM](#)

Thanks Rachel. As I said above... It's definitely not as decadent as regular vegan pumpkin pie, but considering how healthy it is, I really like it. Let me know if you try it!

**Reply**



**Isobelle**Posted [October 29, 2011 at 8:49 AM](#)

This looks awesome!

**Reply**

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**vegangela**Posted [October 29, 2011 at 2:48 PM](#)

Thanks so much Isobelle :)

**Reply**

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**Veg-in-Training**Posted [October 30, 2011 at 5:18 AM](#)

Uh-mayyyyy zing.

**Reply**

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**vegangela**Posted [October 30, 2011 at 6:28 PM](#)

He he, thank you!

**Reply**

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**Tanya**Posted [October 30, 2011 at 10:05 AM](#)

That looks so delicious! I'm usually too lazy to open a pumpkin myself to get the insides out, but I might just have to for this :)

**Reply**

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**vegangela**Posted [October 30, 2011 at 6:31 PM](#)

Thanks Tanya – let me know if you try it... it's a bit of a workout but I think it's worth it :)

**Reply**

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**Richa@HobbyandMore**Posted [October 30, 2011 at 11:00 AM](#)

yumm.. lovely cheesecake.. i just had some topped with tangy huckleberry .. and now i want a pumpkin one!!

**Reply**

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**vegangela**

Posted October 30, 2011 at 6:32 PM

Oh that sounds delicious. Wanna swap? :)

**Reply****Rhiannon Solem**

Posted December 9, 2011 at 12:18 PM

WOW this was amazing! It took me a LONG time to cut open the pumpkin and get the flesh out but WOW was it worth it! THANK YOU SO MUCH for the terrific, fabulous, wonderful recipe. I will defiantly be willing to make this again! Oh I did sub out RAW honey 1/4 cup instead of agave and I did not have lemon so I used a lime instead. SUPER YUMMY! :-)

**Reply****vegangela**

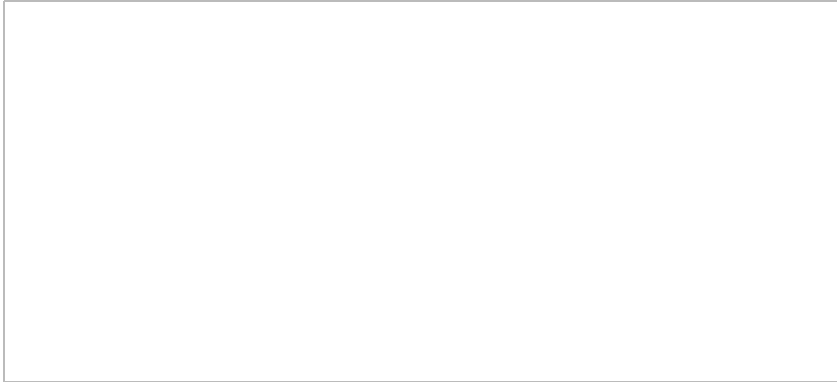
Posted January 15, 2012 at 10:26 AM

I'm so glad you liked it! It's a bit of work but you feel so good eating such a clean dessert :)

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