

vegan thanksgiving dessert recipes

Vegan Thanksgiving dessert recipes are a fantastic way to celebrate the holiday while accommodating plant-based diets. As more people embrace veganism or seek to reduce their animal product consumption, it's essential to have delicious dessert options that everyone can enjoy. Thanksgiving is a time for family gatherings, feasting, and expressing gratitude, and having a selection of mouthwatering vegan desserts can enhance the festive atmosphere. In this article, we will explore various vegan dessert recipes that are not only simple to prepare but also packed with flavor.

Why Choose Vegan Desserts?

Vegan desserts have gained immense popularity in recent years, and for good reason. Here are some compelling reasons to consider incorporating vegan desserts into your Thanksgiving feast:

1. **Health Benefits:** Vegan desserts often have lower cholesterol and saturated fat levels, making them a healthier choice for those who are health-conscious.
2. **Allergy-Friendly:** Many vegan desserts are free from common allergens like dairy and eggs, making them suitable for guests with food allergies or intolerances.
3. **Sustainability:** Choosing plant-based ingredients can have a lower environmental impact compared to animal-based products, appealing to eco-conscious consumers.
4. **Deliciousness:** Vegan desserts can be just as rich and flavorful as their non-vegan counterparts, often featuring natural sweeteners and whole ingredients.

Delicious Vegan Dessert Recipes for Thanksgiving

Let's dive into a variety of vegan dessert recipes that will delight your guests and leave them asking for seconds.

1. Vegan Pumpkin Pie

No Thanksgiving is complete without pumpkin pie, and this vegan version will satisfy your cravings.

Ingredients:

- 1 pre-made vegan pie crust
- 1 can (15 oz) pumpkin puree
- 1 cup coconut milk
- 3/4 cup maple syrup
- 1/4 cup cornstarch
- 2 tsp pumpkin spice
- 1 tsp vanilla extract
- Pinch of salt

Instructions:

1. Preheat your oven to 350°F (175°C).
2. In a mixing bowl, whisk together pumpkin puree, coconut milk, maple syrup, cornstarch, pumpkin spice, vanilla extract, and salt until smooth.
3. Pour the mixture into the pie crust and smooth the top.
4. Bake for 60 minutes or until the filling is set and a toothpick comes out clean.
5. Allow to cool before serving. Serve with vegan whipped cream if desired.

2. Vegan Pecan Pie

Rich, sweet, and nutty, this vegan pecan pie is a holiday favorite.

Ingredients:

- 1 pre-made vegan pie crust
- 1 cup pecans, chopped
- 1 cup maple syrup
- 1/4 cup brown sugar
- 1/4 cup coconut oil, melted
- 1/4 cup almond milk
- 2 tbsp cornstarch
- 1 tsp vanilla extract
- Pinch of salt

Instructions:

1. Preheat the oven to 350°F (175°C).
2. In a bowl, combine maple syrup, brown sugar, melted coconut oil, almond milk, cornstarch, vanilla extract, and salt. Whisk until well combined.
3. Stir in the chopped pecans.
4. Pour the filling into the pie crust and bake for 50-60 minutes until set.
5. Let it cool for a few hours before slicing. Serve with a scoop of dairy-free ice cream.

3. Vegan Chocolate Mousse

This luscious chocolate mousse is rich and creamy, perfect for chocolate lovers.

Ingredients:

- 1 cup silken tofu
- 1 cup dark chocolate chips (vegan)
- 1/4 cup maple syrup
- 1 tsp vanilla extract
- Pinch of salt

Instructions:

1. Melt the dark chocolate in a microwave or double boiler until smooth.
2. In a blender, combine silken tofu, melted chocolate, maple syrup, vanilla extract, and salt. Blend until silky smooth.
3. Pour the mousse into serving cups and refrigerate for at least 2 hours to set.

4. Serve chilled, garnished with fresh berries or coconut whipped cream.

4. Vegan Apple Crisp

Warm, gooey, and topped with a crunchy oat layer, vegan apple crisp is a delightful dessert.

Ingredients:

- 6 cups apples, peeled and sliced
- 1/2 cup brown sugar
- 1 tsp cinnamon
- 1 tbsp lemon juice
- 1 cup rolled oats
- 1/2 cup flour
- 1/2 cup coconut oil, melted
- 1/4 cup maple syrup
- Pinch of salt

Instructions:

1. Preheat the oven to 350°F (175°C).
2. In a large bowl, combine sliced apples, brown sugar, cinnamon, and lemon juice. Pour into a baking dish.
3. In another bowl, mix oats, flour, melted coconut oil, maple syrup, and salt until crumbly.
4. Sprinkle the oat mixture over the apples.
5. Bake for 30-35 minutes until the apples are bubbly and the topping is golden brown.
6. Serve warm, optionally with vegan ice cream.

5. Vegan Chocolate Chip Cookies

These classic cookies are a hit with kids and adults alike.

Ingredients:

- 1 cup coconut oil, softened
- 1 cup brown sugar
- 1/2 cup almond milk
- 1 tsp vanilla extract
- 2 cups flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1 cup vegan chocolate chips

Instructions:

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a bowl, cream together softened coconut oil and brown sugar. Add almond milk and vanilla extract, mixing well.
3. In another bowl, whisk flour, baking soda, and salt. Gradually add the dry ingredients to the wet mixture.
4. Fold in the chocolate chips.

5. Scoop tablespoon-sized dough onto the baking sheet, leaving space between each cookie.
6. Bake for 10-12 minutes until edges are golden. Cool before serving.

Tips for Making Vegan Desserts

Creating delectable vegan desserts is easier than you might think! Here are some tips to ensure your Thanksgiving treats turn out perfectly:

- Experiment with Flours: Use whole wheat, almond, or oat flour for healthier alternatives.
- Natural Sweeteners: Utilize maple syrup, agave nectar, or coconut sugar as alternatives to refined sugars.
- Chill Ingredients: For creamy desserts, chill your ingredients before blending for a smoother texture.
- Flavor Enhancements: Add spices like cinnamon, nutmeg, or vanilla extract to enhance the flavor profile of your desserts.
- Presentation Matters: Garnish with fresh fruit, nuts, or edible flowers to elevate the visual appeal of your desserts.

Conclusion

Incorporating vegan Thanksgiving dessert recipes into your holiday celebrations not only caters to diverse dietary preferences but also allows you to explore delicious flavors and textures. From classic pumpkin pie to rich chocolate mousse, these recipes are bound to impress your guests and create lasting memories. Whether you're a seasoned vegan or simply looking to try something new, these desserts will ensure your Thanksgiving feast ends on a sweet note. So gather your ingredients, invite friends and family over, and enjoy a festive celebration filled with love, gratitude, and scrumptious vegan treats!

Frequently Asked Questions

What are some popular vegan dessert options for Thanksgiving?

Popular vegan dessert options for Thanksgiving include pumpkin pie, apple crisp, pecan pie, vegan chocolate mousse, and sweet potato brownies.

How can I make a vegan pumpkin pie?

To make a vegan pumpkin pie, use a crust made from almond flour and coconut oil, and fill it with a mixture of canned pumpkin, coconut milk, maple syrup, and pumpkin spice, then bake until set.

Are there any easy vegan dessert recipes for beginners?

Yes! Easy vegan dessert recipes include no-bake chocolate avocado mousse, banana ice cream, and vegan chocolate chip cookies, all of which require minimal ingredients and preparation.

Can I substitute eggs in traditional Thanksgiving dessert recipes?

Yes, you can substitute eggs with flaxseed meal mixed with water, applesauce, or silken tofu, depending on the recipe, to create a vegan-friendly dessert.

What is a good vegan alternative to whipped cream for dessert?

A great vegan alternative to whipped cream is coconut whipped cream, made by chilling a can of coconut milk and whipping the solidified cream with a sweetener of your choice.

How do I make a vegan pecan pie?

To make a vegan pecan pie, combine maple syrup, coconut milk, melted coconut oil, vanilla extract, and ground flaxseed, then fold in pecans and pour into a vegan pie crust before baking.

What are some tips for creating a vegan Thanksgiving dessert spread?

To create a vegan Thanksgiving dessert spread, include a variety of textures and flavors, such as a creamy pumpkin cheesecake, fruity tarts, and rich chocolate treats, and consider garnishing with fresh fruits and nuts.

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