



**Makes one 9-inch pie**  
**Preparation Time: 25 minutes**  
**Cook Time: 55 minutes**

#### INGREDIENTS:

½ cup pitted whole dates

3 cups rolled oats

¼ teaspoon sea salt

¼ to ½ cup unsweetened,  
unflavored plant-based milk

6 medium apples, peeled, cored,  
and sliced (6 cups)

2 tablespoons lemon juice

½ cup unsweetened applesauce

¼ cup pitted dates, chopped

¼ cup apple cider

1 tablespoon + ¼ teaspoon  
apple pie spice

2 tablespoons maple syrup

2 tablespoons no-salt-added  
almond butter

2 tablespoons white whole wheat  
flour

## Vegan Apple Pie

This vegan apple pie is fruity, crumbly, and oh-so-delicious. It all starts with an oat-based crust that harnesses the sticky sweetness of dates for both flavor and shape as you press it into the pie tin. Next, a precooked filling of spiced **apples** ensures a tender interior that bakes quickly in the oven so you can get a slice on your plate without a long wait. But the crown jewel of this recipe is the almond butter and oat crumble topping, which is infused with the warming flavors of apple pie spice. A perfect crunchy complement to the moist filling, every ounce of this autumnal dessert is begging for a second serving. Free of oil and refined sugar, make this pie as a festive centerpiece for your **vegan Thanksgiving feast!**

For more vegan pie recipes, check out these tasty ideas:

- [Chocolate Mousse Pie](#)
- [Cranberry-Pear Crumble Pie](#)
- [Vegan Sweet Potato Pie](#)
- [Vegan Key Lime Pie](#)

By Nancy Macklin, RDN

- 1** Preheat oven to 350°F. For piecrust, in a small bowl combine ½ cup whole dates and enough boiling water to cover. Let stand 10 minutes; drain well. In a food processor combine soaked dates, 2½ cups of the rolled oats, and the salt. Pulse until dates are finely chopped. Gradually add milk, pulsing until dough comes together. Press dough into a 9-inch pie pan, covering the bottom and sides (do not extend over the rim).
- 2** For filling, in a large bowl combine apples and lemon juice; toss to coat. Add applesauce, chopped dates, apple cider, and 1 tablespoon of the apple pie spice. Place apple mixture in an extra-large skillet. Cook, covered, over medium about 10 minutes or until apples are tender, stirring occasionally. Pour into piecrust.
- 3** For topping, in a medium bowl whisk together maple syrup and almond butter until smooth. Add the remaining ½ cup oats and ¼ teaspoon apple pie spice and the flour. Toss to combine. Spoon topping over pie. Lightly press down.
- 4** Bake 45 minutes or until crust and topping are lightly browned and filling is bubbling around edges. Let cool before cutting.