

Mini Pumpkin Pie Tarts

VEGAN • GLUTEN FREE

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Ingredients

Pie Crust

4 cups	Almond Flour
4 tbsp	Maple Syrup
1/2 cup	Coconut Oil
1 tsp	Baking Soda
1 tsp	Ground Cinnamon
1/4 tsp	Salt
a hint of	Ground Nutmeg

Pumpkin Filling

2 cups	Canned Pumpkin
1/2 cup	Maple Syrup
4 tbsp	Coconut Oil
1 cup	Raw Cashews
2 tsp	Vanilla Extract
2 tsp	Ground Cinnamon
1 tsp	Ground Ginger
1 tsp	Ground Nutmeg
a hint of	Sea Salt
a hint of	Ground Cloves

Instructions

Pie Crust

1. Preheat oven to 350° F.
2. Grease foil cups and line them on baking tray.
3. Add crust ingredients in bowl and mix evenly.
4. Chill crust dough in fridge for 15 minutes.
5. Press crust dough into each tart cup.
6. Shape dough to form bowl-shaped shells.
7. Refrigerate cups until pumpkin filling is ready.

Pumpkin Filling

1. Soak cashews in water for 4 hours.
2. Drain cashews and add to food processor.
3. Process until they're broken down.
4. Add maple syrup, coconut oil, and vanilla and process to creamy cashew paste.
5. Add canned pumpkins, cinnamon, nutmeg, ginger, cloves, and sea salt.
6. Process to a smooth and creamy filling.
7. Remove tart crusts from fridge and fill evenly.
8. Bake mini pie tarts for 30 minutes, or until ready.



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Nutrition Facts

Serving Size 1 tart
Servings 24 tarts
Calories 253

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 20g	31%	Total Carb 15g	5%
Sat. Fat 8g	40%	Fiber 3g	12%
Trans Fat 0g		Sugars 9g	
Cholest. 0mg	0%	Protein 6g	
Sodium 2mg	0%		
Vitamin A 12% • Vitamin C 1% • Calcium 6% • Iron 9%			

*Percent Daily Values (DV are based on a 2,000 calorie diet.

View recipe online: <http://oregaknow.com/recipes/mini-vegan-pumpkin-pie-tarts-gluten-free/>

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Shopping List

Ingredients

32 oz	Almond Flour
16 oz	Canned Pumpkin
10 oz	Maple Syrup
10 oz	Coconut Oil
8 oz	Raw Cashews
3 tsp	Ground Cinnamon
2 tsp	Vanilla Extract
2 tsp	Ground Nutmeg
1 tsp	Ground Ginger
1 tsp	Ground Cinnamon
1 tsp	Baking Soda
1/2 tsp	Salt
a hint of	Ground Cloves

Equipment

24	Mini Aluminum Foil Cups
1	Large Mixing Bowl
1	Food Processor
1	Baking Tray



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