

Mini Pumpkin Pie Tarts

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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.

Nutrition Facts

Serving Size 1 tart

Servings Per Recipe 24 tarts

Amount Per Serving

Calories 253

% Daily Value*

Total Fat 20g 31%

Saturated Fat 8g 40%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 15g 5%

Dietary Fiber 3g 12%

Sugars 9g

Protein 6g

Vitamin A 12% • Vitamin C 1%

Calcium 6% • Iron 9%

*Percent Daily Values 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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