

Pumpkin Pie Tarts with Coconut Whipped Cream

13 ingredients · 1 hour 30 minutes · 12 servings



Directions

1. Pulse the almonds and cashews in a food processor. Add egg, 3/4 of the coconut oil, 1/5 of the maple syrup, vanilla extract, cinnamon and 1/2 the sea salt until a crumbly dough forms.
2. Preheat oven to 350 and line a muffin tray with parchment cups.
3. Lay a piece of parchment paper on the counter. Place your dough onto the parchment and pat into a ball.
4. Place another sheet of parchment on top of the dough (this prevents the dough from sticking to the rolling pin). Gently roll the dough to 2-3 mm thickness and cut using a (3.5-inch) cookie cutter. Repeat until all the dough is used up.
5. Gently press each cut-out into a parchment cup to form the crust. Set aside.
6. Make your pumpkin filling by combining pureed pumpkin, the remaining 4/5 of maple syrup, almond milk, the remaining 1/4 of melted coconut oil, arrowroot powder, pumpkin pie spice and the remaining 1/2 of the sea salt. Spoon pumpkin filling into each tart.
7. Bake for 45 minutes. Remove tarts from muffin tray and let cool. Serve warm or refrigerate at least 6 hours or overnight for a firmer filling.
8. In the meantime, make the coconut whipped cream. Scrape the coconut cream from the top of the can into a large mixing bowl. The cream should have separated from the coconut juice after being refrigerated.
9. Whip the coconut cream with a hand mixer until fluffy, about 5-10 minutes. Place in fridge until ready to use. (Note: it will not be as stiff as dairy whipped cream.)
10. When ready to serve, add a dollop of coconut whipped cream to each pumpkin pie tart. Enjoy!

Notes

No Arrowroot Powder

Use tapioca flour instead.

Ingredients

- 1 cup Almonds
- 1 cup Cashews
- 1 Egg
- 1/4 cup Coconut Oil (melted and divided)
- 1/3 cup Maple Syrup (divided)
- 1 tsp Vanilla Extract
- 1 tsp Cinnamon
- 1/2 tsp Sea Salt
- 2 1/4 cups Pureed Pumpkin
- 1/3 cup Unsweetened Almond Milk
- 2 1/2 tbsps Arrowroot Powder
- 2 tsps Pumpkin Pie Spice
- 1 1/2 cups Organic Coconut Milk (full fat, refrigerated overnight)

Homemade Pumpkin Pie Spice

Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tbsp ground allspice. Store in an air-tight container.

Pumpkin Pie Squares

Press dough evenly into a parchment-lined rectangular baking dish. Spread pumpkin filling evenly across the crust. Bake for 45 min. Let cool and/or refrigerate 6+ hours. Slice into squares and top with coconut whipped cream when ready to serve.