



## Pumpkin Pie Tarts with Coconut Whipped Cream

12 servings

1 hour 30 minutes

### 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 tps Pumpkin Pie Spice  
1 1/2 cups Organic Coconut Milk (full fat, refrigerated overnight)

### 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.)



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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.

**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.