

# MINI PUMPKIN PIES USING HOMEMADE GF PASTRY & VEGAN 'CONDENSED MILK'

**Yields: 26 mini pies**

**Serves: 26**

**Prep: 10-15mins**

**Chilling: 30-60mins**

**Assembly: 30-40mins (\*Variable)**

**Baking: 20-23 mins**

**Type: Dessert**

**Tools: Food processor, spatula, kitchen film, mixing bowl, muffin tins, palate knife, cooling racks**

**Courtesy of: Eat2Health Blog**



*Delicious pumpkin pie! Yes, a sweet dessert pie with a spiced, pumpkin-based custard filling. Although not traditional to the UK, it still can be a great alternative to those that like traditional baked goods (mmm pies!) during the holiday period because not everyone is keen on mainstream holiday sweets and baked goods! Enjoy our slightly flaky GF pastry, mildly sweetened 'Free From' pie filling in a standard or dainty little version; baked with love, it's tasty in any size!*

## Ingredients

| <u>Pie Crust</u> |                                      | <u>Pie Filling</u> |                                  |
|------------------|--------------------------------------|--------------------|----------------------------------|
| 150g             | Vegan Margarine (w/salt)             | 420g               | Vegan 'Condensed Milk' (chilled) |
| 1½ tbsp          | Fruit Sweetener (*optional) (20-30g) | 1                  | Tin Pumpkin Puree (425g)         |
| 30g              | Odourless Coconut Oil                | 1-2 tbsp           | Fruit Sweetener (20-40g)         |
| 300g             | Plain GF Flour                       |                    | Pinch of Salt                    |
| ¾ tsp            | Xanthan Gum                          | 3-4g               | Ground Cinnamon                  |
| 1-2g             | Ground Cinnamon                      | 1-2g               | Ground Ginger                    |
|                  |                                      | ¼ tsp              | Ground Nutmeg                    |
|                  |                                      | ¼ tsp              | Ground Cloves                    |

## Directions

1. Prepare the pie crust. If your food processor is only small (like ours!) you will have to create one batch of dough at a time. Place 150g margarine, 1 ½ tbsp fruit sweetener and 30g coconut oil into your food processor. Then add 300g GF flour, ¾ tsp xanthan gum and 1-2g ground cinnamon. Pulse and process until the mixture has combined and has come together.
2. Use a spatula to scrap down the sides of the processor's bowl. Carefully remove the blade. Transfer the dough onto three pieces of kitchen film. Shape each portion into a ball. Wrap, seal and then press each ball into a flat disc.
3. Place the dough into a refrigerator for a minimum of 30 mins to 'firm up' and to help make the dough easier to work with. If necessary, repeat the first two steps until you have created another batch of dough. **Tip:** *If you have the time, leave the dough in the fridge for 60 mins; thirty minutes is OK but sixty minutes is even better!*

**4.** In the meantime, prepare the pie filling. Clean out your food processor. Place the chilled 'condensed milk' into it. Process until it becomes 'relaxed' and smooth. Add the ~~baby food~~ pumpkin puree, 1-2 tbsp fruit sweetener (more or less depending on preference), a pinch of salt and 3-4g ground cinnamon, 1-2g ground ginger, ¼ tsp nutmeg and ¼ tsp cloves. Process until it's thoroughly combined and uniform in colour. *Tip: You might have to use a spatula to occasionally scrape down the sides of the bowl to help make sure it's thoroughly combined!*

Transfer the mixture into a large mixing bowl. Cover with kitchen film and refrigerate it until you are ready to fill the pie cases.

**5.** Grease 1-2 standard muffin tins with a little margarine or rapeseed oil. Depending on your oven and how fast you think you'll prepare the pie crust, you might want to start preheating the oven to 180°C/350°F now.

**6.** Prepare a clean and floured work surface. Remove one disc of dough from the fridge. Remove and discard the kitchen film. Place it onto the floured surface; knead it a little to slightly 'relax' it. Roll it out to a ¼ cm thickness. Cut out a circle shape large enough to cover the top of your muffin tin casing. Place it into the centre of the muffin mould. Gently press it down into the base of the tin. Continue to press and shape it, forming a pie crust that takes up about ¾ of the depth of the muffin mould. Repeat until all of dough has been used.

*Tip: If the dough tears, just add a little more to patch it up- it's very forgiving!*

**7.** Fill each casing with 1- 1½ (large 'eating spoonful's') of the pie filling. Once you have filled all of the moulds, lift your muffin tin and then gently knock it against your table. *Tip: This will help to smooth and release some of the air bubbles in the filling.*

**8.** Place the tin onto the middle oven shelf. Bake for 10 mins. Increase the oven temperature to 190°C/375°F. Turn the tray around. Bake for a further 10-13 mins, or until the filling and pastry are firm to the touch and the pastry has turned a light, golden colour. Remove. Allow the pies to cool in the tin for 10mins. Remove and place them onto a cooling rack. *Tip: We used a palate knife to help remove them.* Allow to cool slightly before eating and/or completely before freezing (if applicable).

**9.** Serve slightly warmed or at room temperature with a dollop of chestnut, vanilla or cashew cream (or yoghurt), standard store-bought DF cream or a small scoop of a vanilla and cashew-based DF ice cream!

**10.** Enjoy!

## Notes:

- Refrigerate the pies in an air-tight and resealable container; serve warm or at room temperature and eat within 4-5 days. Alternatively, individually wrap each pie in kitchen film and/or foil and then a piece of kitchen foil; store in an air-tight and resealable container and freeze; defrost and reheat within 2-6 weeks.
- Our crust is not too sweet and has a lovely (slightly) flaky crust. The pie filling is only mildly sweetened, we didn't add ¾ cup sugar like the tin suggested; per serving each pie has about 3.5g of added sugar! We think that this actually makes them more user friendly, as no one needs

and not very one enjoys sickly sweet baked goods. People can a dash of DF cream or vanilla yoghurt if they want a bit more sweetness!

- We have amended the ingredients so that the pie filling can produce twenty six pies!
- If you're planning on making a standard pie, you'll need 1½ to 2 times the amount of dough (depending on the size of your dish and/or what type of topping you are creating). If you are using the entire quantity of pie filling, you will need to double the dough; one batch of dough makes a baker's dozen.
- After baking, the filling was firm to the touch with a custard-y centre. If you want to try achieving a firmer centre, you could always refrigerate the pre-made pies for 30 mins prior to baking!
- It's been taste tested by two people, both of which could have easily eaten more! ;)