



# KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Healthier Mini Pumpkin Pie Filling MAKES 24 mini pies

CATEGORY Desert PREP TIME 15 min COOK TIME 15-18 min

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

## INGREDIENTS

3 large	eggs
2 cups	pumpkin puree
1/2 cup	full fat coconut milk
1/4 cup	maple syrup
1 tsp	vanilla
1 1/2 tsp	pumpkin pie spice
1/4 tsp	salt

## DIRECTIONS

1. Preheat oven to 375F and set out 24 mini pie shells out over two baking trays.
2. Blend together eggs, pumpkin puree, coconut milk, maple syrup, vanilla, pumpkin pie spice & salt.
3. Fill each shell with 1 heaping tablespoon of pie filling.
4. Give trays a slight tap on the counter to help filling settle into the shells evenly.
5. **OPTIONAL** : Top with additional crust designs.
6. **OPTIONAL** : Brush top crust with egg whites to give crust a glossy browned appearance after baking.
7. Bake for 15-18 minutes of until pies are golden browned, puffed up and the filling has firmed.
8. Let cool before serving.

## MY NOTES

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