

Thanksgiving Recipes

Created by Dr. Bob Bacon



Balsamic Bacon-Wrapped Dates

3 ingredients · 35 minutes · 3 servings



Directions

1. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
2. Roll up one date in a half slice of bacon and push a toothpick through it. Place on the prepared baking sheet. Repeat with each remaining dates and bacon.
3. Bake for 25 minutes, flipping halfway through, or until desired crispiness.
4. Remove from oven, drizzle with the balsamic vinegar, and enjoy!

Notes

Leftovers

Refrigerate leftovers in an airtight container for up to three days. Reheat in the oven if desired.

Serving Size

One serving equals roughly four pieces.

More Flavor

Stuff the dates with almonds, cashews, hazelnuts, or goat cheese. Sprinkle with cinnamon.

Ingredients

- 1 cup** Pitted Dates
- 6 slices** Bacon (cut in half)
- 2 tbsps** Balsamic Vinegar

Pumpkin Hummus

6 ingredients · 10 minutes · 2 servings



Directions

1. Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!

Notes

Make it Spicy

Add chili powder, cayenne pepper or chili flakes.

Extra Toppings

Top with a drizzle of olive oil, cinnamon, cayenne pepper, pumpkin seeds or hemp seeds.

Serve it With

Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread!

Storage

Store in an air-tight container in the fridge up to 3-5 days, or in the freezer up to 6 months.

Ingredients

- 1/4 cup Pureed Pumpkin
- 1 cup Chickpeas (cooked, drained and rinsed)
- 1 Garlic (clove)
- 1/4 Lemon (juiced)
- 2 tbsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt

Vegan Stuffed Mushrooms

10 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Heat a pan over medium heat and add the extra virgin olive oil along with the onion, walnuts, and thyme. Cook until lightly toasted, about 4 to 5 minutes and then add the minced garlic and cook for 30 seconds longer. Add the sea salt and cranberries and remove from heat.
3. Use a spoon to add the walnut mixture to the mushrooms and sprinkle the nutritional yeast on top. Transfer to the baking sheet and bake for 16 to 18 minutes.
4. Remove the mushrooms from the oven and top with minced parsley. Enjoy immediately.

Notes

Serving Size

One serving is equal to three stuffed mushrooms.

No Cremini Mushrooms

Use portobello mushrooms or white button mushrooms instead.

No Thyme

Use another herb like sage or rosemary.

Prep Ahead

Make the onion/walnut mix ahead of time and then prepare the rest before eating by stuffing the mushrooms and cooking them.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1/2 Yellow Onion (finely chopped)
- 1 **cup** Walnuts (raw, chopped)
- 2 **tsps** Thyme (fresh)
- 1 Garlic (clove, minced)
- 1/4 **tsp** Sea Salt
- 1/3 **cup** Dried Unsweetened Cranberries (roughly chopped)
- 12 Cremini Mushrooms (whole, stems and gills removed)
- 1 **tbsp** Nutritional Yeast
- 2 **tbsps** Parsley (chopped)

Whipped Feta Sweet Potato Rounds

10 ingredients · 45 minutes · 7 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. In a food processor, add the feta, yogurt, lemon juice, and honey. Pulse until smooth. Refrigerate until the potatoes are ready.
3. Cut the sweet potatoes into 1/2-inch (1 cm) rounds and place in a bowl. Add the oil, cinnamon, and salt. Toss to combine. Spread the rounds out on the baking sheet into an even layer. Bake for about 25 to 30 minutes, flipping halfway through, or until fork tender.
4. Evenly divide the whipped feta, chopped nuts, and pomegranate seeds onto the rounds. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to three days.

Serving Size

One serving is three pieces.

Additional Toppings

Drizzle honey on top.

Ingredients

- 2/3 cup Feta Cheese
- 1/4 cup Plain Greek Yogurt
- 1/2 Lemon (medium, juiced)
- 1 tbsp Raw Honey
- 2 Sweet Potato (large)
- 2 tbsps Avocado Oil
- 1 tsp Cinnamon
- 1/2 tsp Sea Salt
- 1 cup Walnuts (chopped)
- 1 cup Pomegranate Seeds

Sweet Potato Crostini with Pomegranate & Goat Cheese

8 ingredients · 35 minutes · 8 servings



Directions

1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Add the sweet potato slices to a bowl and drizzle the extra virgin olive oil and sea salt over top. Mix well. Place them in a single layer on the sheet and bake for 15 minutes. Flip and roast for 5 to 10 minutes more.
3. Remove the sweet potato slices from the oven and top with goat cheese, walnuts, pomegranate, thyme and drizzle with honey. Serve immediately. Enjoy!

Notes

Serving Size

There are approximately two sweet potato crostini per serving.

Dairy-Free

Use a cashew cheese instead of goat cheese.

Nut-Free

Use toasted pumpkin seeds instead of walnuts.

No Pomegranate Seeds

Use dried cranberries instead.

No Thyme

Use rosemary, or another herb of your choice instead.

Prep Ahead

Bake the sweet potatoes ahead of time and then reheat before topping and serving them.

Ingredients

- 2 Sweet Potato (medium, sliced into even rounds)
- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1/8 **tsp** Sea Salt
- 1/2 **cup** Goat Cheese (crumbled)
- 1/2 **cup** Walnuts (toasted and chopped)
- 1/4 **cup** Pomegranate Seeds
- 1 1/2 **tsps** Thyme (fresh, removed from the stem)
- 1 **tbsp** Raw Honey

Balsamic Roasted Brussels Sprouts & Bacon

5 ingredients · 35 minutes · 6 servings



Directions

1. Preheat the oven to 400°F (205°C).
2. Place the Brussels sprouts on a baking sheet. Toss with the oil, salt, and pepper to coat.
3. Add the bacon to the baking sheet and toss again. Make sure the Brussels sprouts are in a single layer and that the bacon is spread out.
4. Roast for 20 to 23 minutes, tossing halfway through, until golden brown and crisp.
5. Add to a serving dish and toss with balsamic vinegar. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately one cup.

Make it Vegan

Omit the bacon or use vegan bacon or sausage.

More Flavor

Use turkey bacon or crumbled sausage.

Ingredients

6 cups Brussels Sprouts (trimmed, halved)

1 1/2 tbsps Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

4 slices Bacon (chopped)

1 1/2 tbsps Balsamic Vinegar

Bacon-Wrapped Brussels Sprouts

2 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Roll each Brussels sprout half in a slice of bacon and place on the baking sheet. Cook for 20 to 25 minutes or until the bacon has crispy edges. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately three bacon-wrapped Brussels sprouts.

More Flavor

Add fresh rosemary sprigs when rolling the Brussels sprouts in bacon.

Ingredients

12 slices Bacon

1 1/4 cups Brussels Sprouts (large, halved)

Roasted Delicata Squash with Cranberries & Goat Cheese

8 ingredients · 45 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Add the squash to a bowl along with the cranberries, oil, maple syrup, cinnamon, and sea salt.
3. Add the squash to the baking sheet and spread out into an even layer. Bake for 25 to 30 minutes or until the squash is fork tender. Remove from the oven and transfer to a serving bowl.
4. Top with goat cheese and pumpkin seeds. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately one cup.

Make it Vegan

Omit the cheese entirely or use a dairy-free alternative.

Additional Toppings

Fresh herbs like parsley, rosemary, or sage.

No Frozen Cranberries

Use fresh instead.

Ingredients

- 2 Delicata Squash (small, cut in half lengthwise, seeds removed, cut into wedges)
- 1 cup Frozen Cranberries (defrosted)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Maple Syrup
- 2 tsps Cinnamon
- 1/2 tsp Sea Salt
- 1/2 cup Goat Cheese
- 1/4 cup Pumpkin Seeds

Paleo Stuffing

13 ingredients · 1 hour 30 minutes · 6 servings



Directions

1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Toss your cauliflower florets in coconut oil. Season with sea salt and black pepper to taste. Spread the cauliflower across your baking sheet and bake in the oven for 30 minutes.
3. Remove cauliflower from oven and set aside. Reduce oven heat to 375°F (191°C).
4. While your cauliflower roasts, place a frying pan over medium heat. Add half of your olive oil and saute mushrooms, leek and celery for about 10 minutes or until the mushrooms are soft.
5. In a food processor, add the walnuts, lemon juice, garlic, thyme, parsley and sea salt. Add the remaining olive oil and roasted cauliflower and pulse (do not blend) until the mixture reaches a coarse, stuffing-like consistency. Do not over process as you do not want the mixture to turn into a paste. Note: If you don't mind some manual labour, you can skip the food processor and use a fork and knife to finely chop the stuffing. Once it reaches a good consistency, spoon the mixture into a baking dish. Place in the oven and bake for 1 hour. Stir every 15 minutes or so to prevent burning.
6. Remove from oven and transfer into a serving dish. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately one cup.

Ingredients

- 1 head Cauliflower (chopped into florets)
- 1 tbsp Coconut Oil
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Extra Virgin Olive Oil
- 4 cups Portobello Mushroom (diced)
- 1 Leeks (chopped)
- 3 stalks Celery (diced)
- 1 cup Walnuts
- 1 Lemon (juiced)
- 3 Garlic (cloves, minced)
- 1 tbsp Thyme
- 1/2 cup Parsley (chopped)
- 1/2 tsp Sea Salt

Stuffing Bites

8 ingredients · 30 minutes · 6 servings



Directions

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Add all of the ingredients to a food processor and process until you get a coarse texture.
3. Use a teaspoon to scoop out the mixture and roll into balls. Place them on the prepared baking sheet.
4. Bake for 15 to 20 minutes or until the stuffing bites have browned lightly. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is two stuffing bites.

Gluten-Free

Use gluten-free bread.

Ingredients

- 5 1/4 ozs Sourdough Bread (broken into pieces)
- 1 Egg (large)
- 2 tbsps Dried Unsweetened Cranberries
- 1 tsp Dried Rosemary
- 1 tsp Dried Thyme
- 1/2 tsp Sea Salt
- 1/3 cup Pecans
- 1 tbsp Extra Virgin Olive Oil

Candied Sweet Potatoes

9 ingredients · 1 hour 20 minutes · 6 servings



Directions

1. Preheat the oven to 375°F (190°C). Place the sweet potatoes in a baking dish.
2. In a small saucepan over medium heat, combine the butter, water, maple syrup, coconut sugar, cinnamon, and nutmeg. Stir until the butter has melted and then let the mixture come to a boil. Let it boil for two minutes, without stirring. Remove from the heat and stir in the vanilla.
3. Pour the butter mixture over the sweet potatoes and toss to combine. Place in the oven to bake for 20 minutes. Remove, stir the potatoes and cover with aluminum foil. Bake for another 40 minutes, stirring once more halfway through.
4. Remove the potatoes and uncover. Season with salt and let it sit for 10 minutes to allow the sauce to thicken. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is about 1 1/2 cups.

Dairy-Free

Use a vegan butter instead.

More Flavor

Add fresh thyme or rosemary.

Additional Toppings

Top with pecans.

Make it Vegan

Use a vegan butter or coconut oil.

Baking Dish

This was baked in a 10.5" x 7.5" baking dish.

Ingredients

- 4 Sweet Potato (peeled, sliced 1/2" thick)
- 1/3 cup Butter
- 2 tbsps Water
- 1/4 cup Maple Syrup
- 1/2 cup Coconut Sugar
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1 tsp Vanilla Extract
- 1/4 tsp Sea Salt

Mashed Potatoes & Cauliflower

6 ingredients · 35 minutes · 10 servings



Directions

1. Bring a large pot of salted water to a boil. Carefully add the potatoes and cook for 20 to 25 minutes or until cooked through. With ten minutes remaining, add the cauliflower. Drain and let cool slightly. Empty the water from the pot.
2. Transfer the steamed cauliflower to a food processor or blender. Add 1/4 of the milk and 1/3 of the butter and blend until desired texture.
3. Use a ricer or a potato masher to mash the potatoes into the empty pot. Turn the heat on to low and pour in the remaining milk and butter. Stir to incorporate and add the cauliflower to the potatoes. Season with salt and pepper and add the rosemary.
4. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1/2 cup.

More Flavor

Add roasted garlic.

Make it Vegan

Use an unsweetened dairy-free milk and dairy-free butter.

Ingredients

- 3 Yellow Potato (large, halved, peeled)
- 1 head Cauliflower (medium, chopped into florets)
- 1/2 cup Cow's Milk, Reduced Fat (divided)
- 3 tbsps Butter (divided)
- Sea Salt & Black Pepper (to taste)
- 2 tsps Rosemary (fresh, chopped)

Mashed Sweet Potatoes

3 ingredients · 30 minutes · 4 servings



Directions

1. In a large pot, add the cubed sweet potato, half of the sea salt and enough water to cover the sweet potatoes.
2. Bring the potatoes to a simmer over medium-high heat. Reduce the heat and cook the potatoes for eight to ten minutes or until they are fork tender.
3. Drain the potatoes and then place them back into the pot. Add the butter and the remaining salt. Mash the potatoes to your desired consistency.
4. Transfer the mashed potatoes to a serving bowl then divide onto plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately one cup.

More Flavor

Add garlic, onions, fresh herbs.

Make it Vegan

Omit the butter or use coconut oil or vegan butter instead.

Ingredients

4 Sweet Potato (medium, peeled, cubed)

1/2 tsp Sea Salt (divided)

1 tbsp Butter

Twice Baked Potato Casserole

7 ingredients · 1 hour 45 minutes · 8 servings



Directions

1. Preheat the oven to 425°F (220°C). Pierce each potato multiple times with a sharp knife or fork.
2. Place the potatoes on a baking sheet and bake in the oven for 45 to 50 minutes or until cooked through and very tender. Cool completely. Keep the oven on.
3. Remove the skin of the potatoes and shred them. Place them into a large mixing bowl.
4. Add the green onions, parsley, cheddar, and yogurt, to the same bowl. Season with salt and pepper. Mix gently to combine without over-mixing.
5. Transfer the potato mixture to a casserole dish. Brush the top with butter and bake in the oven for about 30 minutes or until starting to brown on top.
6. Garnish with fresh herbs if desired, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

A 13 x 9-inch (33 x 23 cm) baking dish was used to make eight servings. One serving is approximately one cup.

More Flavor

Use sweet potatoes instead.

Freezer Meal

This dish can be frozen before baking. Cover in plastic wrap and then with foil, to prevent freezer burn. Freeze for up to one month. Let it thaw in the refrigerator overnight and to room temperature while the oven is preheating.

Prep the Night Before

You can prepare the recipe ahead by cooking the potatoes the day before.

Ingredients

- 4 Russet Potato (large)
- 6 stalks Green Onion (chopped)
- 1/3 cup Parsley (chopped, plus more for garnish)
- 6 ozs Cheddar Cheese (grated)
- 1 1/2 cups Plain Greek Yogurt
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Butter (melted)

Green Bean Casserole

10 ingredients · 1 hour 20 minutes · 4 servings



Directions

1. Add half of the coconut oil in a large skillet and place over medium-low heat. Add the sliced shallots. Stir often to prevent burning for 30 to 40 minutes, or until caramelized. Once the onions are golden, remove from the heat, transfer into a bowl, and set aside.
2. While the onions cook, steam the cauliflower in a steaming basket until softened and are easily pierced with a fork. Transfer to your blender or food processor and set aside.
3. Steam the green beans for 6 to 8 minutes or until bright green. Transfer the beans into a casserole dish.
4. Heat the remaining coconut oil in a skillet over medium-low heat. Saute mushrooms for 5 minutes or until softened then add in the garlic. Saute for another minute and remove from heat. Spread half of this mushroom mixture over your green beans in the casserole dish. Add the remaining half to your blender with your steamed cauliflower.
5. Preheat the oven to 350°F (177°C). Add water, sea salt, and nutritional yeast to the blender. Blend until very smooth.
6. Pour desired amount of creamy cauliflower sauce into your casserole dish over the green beans and mushrooms. You might not need it all. Smooth with a spoon or spatula. Top with the caramelized onions.
7. Bake the casserole for 30 minutes. Remove from the oven and let sit for 5 minutes before serving. Garnish with toasted slivered almonds and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Ingredients

- 2 tbsps** Coconut Oil (divided)
- 1 1/2 cups** French Shallot (thinly sliced)
- 1/2 head** Cauliflower (chopped into florets)
- 5 cups** Green Beans (trimmed and halved)
- 2 cups** Mushrooms (sliced)
- 3** Garlic (cloves, minced)
- 1 1/2 cups** Water
- 1 tsp** Sea Salt
- 2 tbsps** Nutritional Yeast
- 1/4 cup** Slivered Almonds (toasted)

Orange Cranberry Sauce

5 ingredients · 20 minutes · 8 servings



Directions

1. Add all of the ingredients to a small pot over high heat. Bring to a boil and then reduce the heat to a simmer and cover. Cook for 12 minutes.
2. Gently mash the cranberries with a wooden spoon. Put the cranberry sauce into a jar and let it cool on the counter before storing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two weeks. Freeze for up to three months.

Serving Size

One serving is approximately two tablespoons.

More Flavor

Add ground cloves.

Ingredients

- 2 cups** Frozen Cranberries
- 1** Navel Orange (large, juiced, zested)
- 1/4 cup** Maple Syrup
- 1/8 tsp** Sea Salt
- 1 1/2 cups** Water

Maple Cranberry Sauce

3 ingredients · 30 minutes · 8 servings



Directions

1. Combine water and maple syrup in a saucepan and bring to a boil.
2. Add cranberries and cook until they burst and soften, about 20 to 25 minutes. Let cool before serving. Enjoy!

Notes

Serving Size

One serving is equal to approximately 1/4 cup of cranberry sauce.

Leftovers

Refrigerate in an airtight container up to one week or freeze for up to three months.

Serve it With

Turkey, stuffing, brie, as a jam, with yogurt or in baked goods.

Ingredients

- 1 cup Water
- 1 cup Maple Syrup
- 3 cups Frozen Cranberries (or fresh)

Apple Pie Cashew Cheesecake Cups

8 ingredients · 2 hours 30 minutes · 9 servings



Directions

1. Preheat the oven to 350°F (175°C) and line a muffin tin with silicone or paper muffin liners.
2. In a food processor, combine the oats, half of the cinnamon, 1/3 of the coconut oil, 1/3 of the maple syrup, half of the vanilla, and half of the salt. Process until a sticky batter is formed.
3. Scoop 1 1/2 tablespoons of the batter into each muffin liner. With your fingers press and mold the batter to form an even crust around the bottom and sides. Transfer to the oven and bake for seven minutes.
4. Wipe out the food processor and add the cashews, 2/3 of the apple, and the remaining of the following ingredients: cinnamon, coconut oil, maple syrup, vanilla, and salt. Blend for two to three minutes or until the mixture is very smooth.
5. Divide the cashew mixture evenly into each of the baked crusts. Top with the remaining apple, and sprinkle with cinnamon to garnish. Transfer the cups to the fridge to set for at least two hours. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days or freeze for up to three months.

Serving Size

One serving is equal to one cheesecake cup.

Different Flavors

Use pumpkin pie spice in place of the cinnamon, and swap out the apple for pumpkin puree.

Short on Time

Soak the raw cashews in boiling water for 10 to 20 minutes.

Ingredients

- 2 cups Oats (rolled)
- 2 tsps Cinnamon (divided)
- 1/3 cup Coconut Oil (melted, divided)
- 1/3 cup Maple Syrup (divided)
- 1 tsp Vanilla Extract (divided)
- 1/2 tsp Sea Salt (divided)
- 1 cup Cashews (raw, soaked for at least 6 hours and drained)
- 1 1/2 Apple (large, chopped, divided)

No Bake Maple Pecan Bars

11 ingredients · 2 hours 10 minutes · 12 servings



Directions

1. Line a baking pan with parchment paper.
2. In a food processor, combine the oats, almonds, maple syrup, cinnamon, oil, and half the salt. Pulse until a fine crust has formed and can be pressed between your fingers.
3. Pour the crust into the prepared baking pan and press down to hold the crust together. Place in the freezer while you make the topping.
4. Wipe out the food processor bowl with a paper towel. Combine the dates, water, vanilla, cashew butter, and remaining salt. Pulse on high until a somewhat smooth consistency is reached. Add a splash of more water if needed to combine.
5. Remove the crust from the freezer. Using a butter knife spread the date mixture on top of the crust until smooth. Add the pecans on top, pressing down slightly so they stick to the filling. Transfer to the freezer to set for about two hours.
6. Remove the pecan bars from the freezer and take them out of the pan by pulling out the parchment paper. Use a sharp knife to slice into squares. Enjoy!

Ingredients

- 1 1/2 cups Oats
- 1 cup Almonds
- 1/3 cup Maple Syrup
- 2 tsps Cinnamon
- 1 tbsp Coconut Oil
- 1/2 tsp Sea Salt (divided)
- 2 cups Pitted Dates
- 2 tsps Water
- 1 tsp Vanilla Extract
- 1/4 cup Cashew Butter
- 3/4 cup Pecans (roughly chopped)

Notes

Leftovers

Store leftover slices in the fridge for up to one week, or freeze for longer.

Serving Size

One serving is one square.

Baking Pan

This recipe was tested in an 8 by 8-inch baking dish.

Gluten-Free

Use gluten-free oats.

No Cashew Butter

Use almond butter instead.

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°F (177°C) 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 to 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 to 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 Canned 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.