

Specific Carbohydrate Diet

Recipes

Inspiring
Ideas for
the Holiday
Season



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Recipe by *Annika Weeks NDTR*

MINI PUMPKIN PIE TARTS

SCD | gluten free | dairy free

INGREDIENTS

For the crust:

- 2 cups pecans
- 1 cup pitted dates
- 2 tsp cinnamon
- 4 tsp coconut oil

For the filling:

- 1 (15 oz) can organic pumpkin puree
- 1/3 cup honey
- 1/2 cup walnuts
- 2 tsp Pumpkin Pie Spice

Optional-

For the topping:

- Cream from 1 (13.5 oz) can of coconut cream, chilled overnight in the fridge
- 1/2 tsp cinnamon

DIRECTIONS

1. In a food processor, blend crust ingredients until a crumbly paste is formed (it should stick together when pressed with your hands or fingers).
2. Place a piece of parchment paper on a flat surface (or use baking cups to line mini or regular size muffin tins).
3. Separate the crust into 4 or more portions (depending on your desired amount and the size of the cups or other tins you plan to use). This recipe works with tartlets up to three inches in diameter. Press the crust mixture into the mold/tin. Repeat with the remaining crust mixture.
4. Cleanse your food processor, and then blend the filling ingredients (pumpkin, honey, walnuts, pumpkin pie spice) together until smooth and all ingredients have been combined.
5. Pour the filling equally into the crust mixture molds you created in an earlier step.
6. Refrigerate the tarts for at least one hour prior to serving to allow the crust to firm and hold.
7. Optional: If desired, whip up the coconut cream topping immediately before serving, adding 1/2 tsp cinnamon as desired, with a blender or food processor. Use the whip to decorate topping by piping through a decorating bag like frosting.
8. Remove parchment paper when ready to serve, and enjoy! Feel free to use any left over crumbs from the crust or extra dates to make a design on the top (see image above).

NOTES

Make your own homemade pumpkin pie spice by using Annika's recipe! Find it at

<https://www.anniweeks.com/post/recipe-the-perfect-pumpkin-pie-spice>

This recipe was adapted from an original recipe found in "Eating Purely" by Elizabeth Stein.