

MINI PUMPKIN PIES



INGREDIENTS



- 2 CUPS OF OAT FLOUR
- ½ CUP UNSWEETENED APPLESAUCE
- 2 TEASPOONS MELTED COCONUT OIL
- 15 OZ CAN OF PURE 100% PUMPKIN (NO ADDED SUGAR, SALT, SPICES)
- ½ TABLESPOON OF CAROB SYRUP
- ½ TEASPOON CINNAMON



UTENSILS

- TEASPOON
- MIXING BOWL
- LARGE SPOON
- MUFFIN PAN



DIRECTIONS:

- 1 PREHEAT OVEN TO 350 DEGREES
- 2 IN THE MIXING BOWL MIX THE FLOUR, COCONUT OIL AND APPLESAUCE TOGETHER AND IF DRY ADD A LITTLE WATER – YOU CAN USE THE SPOON OR YOUR HANDS.
- 3 BREAK UP THE DOUGH INTO 12 PIECES OF THE SAME SIZE AND PLACE ONE IN EVERY MUFFIN CUP, THEN SPREAD OUT TO COVER THE BOTTOM OF THE CUP AND PUSH A LITTLE UP THE SIDES.
- 4 BAKE FOR 15 MINS AND REMOVE AND LET COOL
- 5 IN A CLEAN BOWL MIX PUMPKIN, CAROB SYRUP AND CINNAMON AND ADD TO THE COOLED CRUSTS
- 6 ALLOW TO SET AND ENJOY!

