

Vegan Pumpkin Pie Squares

Ingredients (for the pumpkin filling)

- 1 (14-ounce/400 mL) can pumpkin puree
- 1/3 cup natural cane sugar
- 1/4 cup pure maple syrup
- 1/4 cup full-fat canned coconut milk
- 1.5 tablespoons arrowroot powder
- 2 tablespoons almond milk
- 2 teaspoons pure vanilla extract
- 1.5 teaspoons cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon nutmeg
- pinch of ground cloves
- pinch fine grain sea salt

Directions

1. Preheat oven to 350F and lightly grease an 8-inch square pan. Line the pan with two pieces of parchment paper, one going each way.
2. Prepare the crust (see the next page).
3. Prepare the filling: In a small bowl, whisk together the arrowroot powder and maple syrup until no clumps remain. Add this and all of the other filling ingredients into a food processor and process until completely smooth, scraping down the bowl as needed. When the crust has come out of the oven, immediately pour this filling on top of the baked crust and smooth out as evenly as possible with a spatula.
4. Bake, uncovered, for around 41-43 minutes at 350F until the filling has darkened slightly and is semi-firm to the touch (although the filling will still be very soft and sticky!). Place on a cooling rack for about 60 minutes and then into the fridge to set overnight, or for at least 8 hours.
5. Slice into squares and serve with a dollop of coconut whipped cream on top and a dusting of cinnamon and chopped pecans.
6. Store leftovers in the fridge or freeze for later.

Crust for Pumpkin Bars

Ingredients

- 1 cup gluten-free oats
- 1 cup almonds
- 1/4 tsp sea salt
- 2 Tbsp coconut sugar
- 1 Tbsp maple syrup
- 4-5 Tbsp coconut oil (melted)

Instructions

1. Preheat oven to 350 F.
2. Add oats, almonds, sea salt, and coconut sugar to high speed mixer or food processor and mix on high until a fine meal is achieved.
3. Transfer to a medium mixing bowl and add maple syrup and melted coconut oil, starting with lesser end of range (4 Tbsp or 60g as original recipe is written; adjust if altering batch size) and adding more if it's too dry. Stir with a spoon to combine until a loose dough is formed. You should be able to squeeze the mixture between two fingers and form a dough instead of it crumbling. If too dry, add a bit more melted coconut oil.
4. Transfer mixture to parchment-lined baking sheet and spread evenly. Then place parchment paper on top and use a flat-bottomed object, such as a drinking glass, to press down firmly until it's evenly distributed and well packed.
5. Bake for 15 minutes, then increase heat to 375 F and bake for 5-8 minutes more, or until the edges are golden brown and there is some browning on the surface. Remove from oven to cool slightly, then reduce oven heat to 350 degrees F.

(For the remaining instructions, see steps 3-6 on the previous page.)