



Ashley's Meal Prep Monday!



Mini Pecan Pies *Healthier* (Vegan/GF)

INGREDIENTS

Crust:

- 1 cup almond flour
- 1 cup oat flour
- 1/4 cup flax meal
- 1/3 cup melted coconut oil
- 1/4 cup maple syrup
- pinch of salt

Filling:

- 1/2 cup maple syrup
- 1/4 cup coconut sugar
- 3/4 cup heavy coconut cream
- 1 TSP vanilla
- 1/2 TSP cinnamon
- 2 TBSP aarowroot (mixed with a few TBSP s coconut cream to make a slurry)
- 2 cups pecan halves

Preheat oven to 350. In a mixing bowl, combine the almond flour, oat flour, flax meal, coconut oil, maple syrup, and salt. Stir until well mixed. Divide the crust mixture evenly in greased muffin cup liners (or parchment liners/silicone). Press firmly into the bottoms and slightly up the sides to form a mini crust. Bake for about 10 minutes and let cool.

In a small bowl, whisk the aarowroot with a few TBSP s of the coconut cream until smooth, this prevents clumps in the filling

In a saucepan, combine the remaining coconut cream, maple syrup, coconut sugar, cinnamon, and vanilla. Add the slurry and whisk well over medium heat, constantly whisking for 3-4 minutes until the filling thickens. Remove from heat and fold in the pecans until evenly coated. Spoon the filling into each mini crust, dividing it evenly and making sure each mini pie has a good balance of filling and pecans

Return mini pies to the oven and bake for 17 minutes until the filling is set and golden. Allow to cool completely to set the filling before serving.



Recipe: upbeetandkaleingit.com

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