



# SPICED PUMPKIN PIES

This week's Recipe of the Week is brought to you by Elle Spence from [My Country Table](#). These cute little Spiced Pumpkin Pies have a smooth creamy filling and crunchy nutty base. The individual serving size make them a delicious day time treat with a cup of tea or serve for dessert with coconut yoghurt and a drizzle of maple syrup. Enjoy!

**Makes:** 20 mini pies

## **Pie Crust**

3 1/2 cups *Almond Meal*

2 1/2 cups *Pecans*

1/3 cup *Maple syrup*

2tbs *Water*

## **Filling**

1/4 *Kent or Jap Pumpkin*

1 *Sweet potato*

3/4 cup *Macadamia milk* (or almond)

1tbs *Maple syrup*

3 *Whole Cloves*

1 *Whole Star Anise*

2tsp *Ground Cinnamon*

1/2tsp *Ground ginger*

1/2tsp *Black pepper*, freshly cracked

2tsp *Mixed spice*

1/2 *Fresh nutmeg*, grated

1 *Egg*

## **Method:**

Preheat oven to 170 degrees & grease two muffin tins with olive oil or melted butter. Cut 40 strips (1cm x 15cm) of baking paper and place two of them in the bottom of each muffin cup, crossing them over. These will help you pull your pies out with ease without any breakages.

Remove pumpkin and sweet potato skin and chop into chunks. Add to a steamer and steam for 30mins or until super soft and falling apart. Drain well and set aside to slightly cool.

In a mortar and pestle add all your spices and grind until super fine, if not super fine just pass through a sieve.

In a food processor add your pecans and blitz until semi-fine crumb. Add almond meal and 1tsp of spice mix from above, blitz for a minute longer.

Transfer to a bowl and mix in maple syrup and slowly add water to create a crumbly, sticky dough.

Press your dough evenly into prepared muffin tins and set aside.

Rinse out your food processor used above and add in your pumpkin, sweet potato, spice mix, maple syrup, egg and milk, and blitz until super creamy and smooth. The consistency should be like thick pumpkin soup.

Pour your pumpkin mixture into your pie bases and bake in the oven for 30mins until just setting on top and starting to crack.

Allow to cool in their trays for 30mins and transfer to the fridge for a few hours to allow them to fully set.

Serve cool with a dollop of coconut yoghurt or maple syrup or simply just on their own with a hot cup of tea.

**Gluten-Free | Dairy-Free | Refined Sugar-Free**

**For more recipe inspiration from My Country Table visit her instagram page [here](#).**