

Pumpkin Pie Tartlets

A pumpkin pie without pumpkin probably sounds absurd to all you traditionalist bakers out there, but as I explained in [my guide to using squash](#), many squash varieties are much sweeter than pumpkin, and provide a richer flavor profile for your recipes. I actually use squash in all my pumpkin containing recipes. After trying this recipe, you'll be able to taste the difference too! If you are using butternut squash, you'll probably want to peel it, but I like to use kabocha squash and include the skin. The kabocha squash with its deep orange middle and dark green skin gives the tartlets a deep orange color that's more reminiscent of pumpkin.

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Makes one 9 inch pie or 12 muffin-sized pies

Crust

3/4 cup almond flour

Cooking spray (I prefer olive oil spray)

Filling

4 cups winter squash (kabocha or butternut),
cut into large chunks (3 cups cooked, packed)

1 pinch unrefined sea salt

1/4 cup avocado oil

2 tablespoons maple syrup

2 tablespoons honey

1/2 cup soy, almond, or whole milk

1 1/2 teaspoons cinnamon

1/4 teaspoon ground ginger or ginger juice

1/4 teaspoon ground cloves

1/4 teaspoon nutmeg

1/4 teaspoon allspice (optional)

1 teaspoon vanilla extract

2 eggs, or 8 ounces extra firm tofu, or 2

tablespoon chia seeds ground fine + 1/2 cup
water

Cut squash into chunks. Place the chunks in a steamer basket in a large pot. Fill below the steamer basket with water and bring to a boil. Turn heat to medium low and steam until tender, about 30 minutes. Purée in a high powered food processor or immersion blender with the rest of the ingredients. Tip: If using a chia egg, mix the chia seed and water together before pouring it into the blender. This will help the chia seeds gel. Spray 12 muffin tins with cooking spray or rub them evenly with oil and sprinkle 1 tablespoon of almond flour into each cup. Pour the filling into each cup and bake at 350° F for 50 to 60 minutes or until filling is completely set and starts to crack on the top. These pies are best after a day or two in the fridge to allow the flavors to meld.

Tip: To prevent sticking, rub your measuring spoon with oil before measuring sweeteners like the honey or maple syrup. This will make them slide right off the spoon and into your batter. If you measure out your oil first, use the same utensil for the sweetener. Otherwise, feel free to rub your measuring spoon or cup with oil to keep your sweetener from sticking.

Servings: 12

Calories: 139

Carbohydrate: 12 g

Protein: 3 g

Fat: 9 g

Recipe from the Chef Dawn Ludwig Blog at <https://www.DrDavidLudwig.com/category/chef-dawn/> for more recipes by Chef Dawn see the book ALWAYS HUNGRY? Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently