



Gluten-Free & Vegan Pumpkin Tartlets

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 tsp double-acting baking powder
- 1 cup brown rice flour
- 0.3 cup tbsp lightly brown sugar packed
- 1.3 cups pumpkin canned
- 2 tsps cinnamon
- 1 tsp ginger
- 0.5 cup enjoy life cranapple granola crumbled ()
- 0.5 cup brown sugar light

- 0.5 cup rice flour
- 0.8 cup rice milk
- 0.3 tsp salt
- 0.3 cup spectrum shortening
- 0.3 cup tbsp tapioca flour
- 0.5 cup vegetable oil
- 1 tsp xanthan gum

Equipment

- bowl
- oven
- muffin liners
- muffin tray

Directions

- Mix brown sugar, rice flour, tapioca flour, xanthan gum, cinnamon and granola until combined. With a fork, cut in the shortening until the mixture looks crumbly. Lightly grease a muffin pan or line with muffin liners.
- Place 1 tablespoon of mixture in each and press into place. Save remaining mixture for the top. Set aside. To make the pumpkin filling: mix together rice flour, baking powder, pumpkin spices and salt. Set aside. In a separate bowl, mix pumpkin, rice milk, brown sugar and oil until combined.
- Add the flour mixture to the pumpkin and mix well. Fill the muffin tray with pumpkin filling. Top off with a sprinkle of the extra crust mixture. There may be extra topping depending on how much you want to use on top.
- Bake tarts for 10 minutes, or until lightly browned.
- Let cool in muffin pan for about 15 minutes before removing.
- Remove carefully, with two spoons.
- Serve warm or cold. Keep fresh in the refrigerator.

Nutrition Facts



■ PROTEIN 3.99% ■ FAT 29.62% ■ CARBS 66.39%

Properties

Glycemic Index:21.58, Glycemic Load:4.82, Inflammation Score:-10, Nutrition Score:9.4156520701945%

Nutrients (% of daily need)

Calories: 228.39kcal (11.42%), Fat: 7.67g (11.79%), Saturated Fat: 1.6g (9.97%), Carbohydrates: 38.66g (12.89%), Net Carbohydrates: 36.52g (13.28%), Sugar: 16.03g (17.82%), Cholesterol: 0mg (0%), Sodium: 89.77mg (3.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.65%), Vitamin A: 3972.79IU (79.46%), Manganese: 0.85mg (42.51%), Vitamin K: 10.02µg (9.55%), Fiber: 2.14g (8.57%), Phosphorus: 80.79mg (8.08%), Vitamin B6: 0.15mg (7.64%), Magnesium: 29.14mg (7.28%), Vitamin E: 1.05mg (7%), Vitamin B1: 0.09mg (6.03%), Vitamin B3: 1.17mg (5.85%), Iron: 1.04mg (5.78%), Copper: 0.09mg (4.45%), Vitamin B5: 0.44mg (4.44%), Calcium: 40.74mg (4.07%), Potassium: 137.18mg (3.92%), Zinc: 0.53mg (3.55%), Selenium: 2.17µg (3.09%), Vitamin B2: 0.04mg (2.06%), Folate: 7.34µg (1.84%), Vitamin C: 1.1mg (1.33%)