



No-Bake PUMPKIN PIE BITES

For the Crust:

1/2 cup Pecans
1/2 cup Dates, pitted - about 6
pinch Sea Salt

For the Filling:

1/2 cup Cashews
1/2 cup Pumpkin Puree
1/4 cup Maple Syrup
1 tbs Coconut Oil
1.5 tsp Pumpkin Pie Spice
pinch Sea Salt

Either put the cashews into water to soak for at least 2 hours or pour boiling water over them if you want to use them immediately.

Put the crust ingredients in a food processor and whir until the mixture comes together in a paste or at least is in very small pieces. (It should stick together when you pick it up with your fingers)

Pat into 6 mini muffin tin holes. Put in the fridge or freezer to chill while you make the filling.

In a high-speed blender, blend all of the filling ingredients until smooth.

Spoon the filling over the crust in the muffin tins. Place back in the fridge or freezer for at least 30 minutes (better if you can wait at least 4 hours though).

After the chilling time is up, run a knife around the muffin tin holes to loosen the crust and then use a spoon to guide the bites out. Store in the fridge or freezer. (If storing in the freezer, remove to room temperature at least 15 minutes prior to serving) ThrivingOnPaleo.com



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Ingredients: Pecans, Cashews, Dates,
Pumpkin, Maple Syrup, Coconut Oil,
Pumpkin Pie Spice, Sea Salt

Recipe from ThrivingOnPaleo.com