

# Pumpkin Tart



## Recipe By FoodieBook

**Ref:** 492

**Heading:** Puddings

**Cuisine:** American

**Food Type:** Vegan

**No of Portions:** 8

## Ingredients & Prep

200 g plain flour

90 g vegan butter or cold coconut oil chopped

100 ml aquafaba cold (chickpea can water)

20 g icing sugar

1 pinch salt

### Filling

550 g pumpkin puree tinned

80 ml almond milk unsweetened

60 ml maple syrup

55 g brown sugar

15 g arrowroot powder

15 g coconut oil melted

1/4 tsp nutmeg ground

1/4 tsp cinnamon ground

1/4 tsp ginger ground

1 pinch clove ground

2 pinch salt

## Method

**Step 1** - Pre-heat oven to 170°C.

**Step 2** - In a bowl place flour & vegan butter/cold coconut oil, salt & icing sugar, rub together with your finger tips until you have a breadcrumb consistency, then add aquafaba half to start then keep adding until you combine into a pastry, make a ball wrap in cling film squash into a disc 2 cm thick & put in the fridge for an hour.

**Step 3** - On a floured worktop roll out pastry to 2mm thick (£1 coin), for a 6 portion quantity use an 18 cm round loose bottom tart/flan tin greased with butter, line the tin with the pastry, cut off excess from around the edge.

**Step 4** - Place a piece of very heavily scrunched up piece of greaseproof paper in & up the sides then fill with dry rice into the tin & push the rice up around the sides to the top to hold while blind baking, place in the oven for 10 mins, remove rice & paper & cook for another 5 mins then allow to cool.

**Step 5** - Now make the filling by adding the ingredients into a food processor or a blender, once all combined pour filling into the pie case & bake for 60 mins or until light golden brown with a slight wobble in the middle.

**Step 6** - Allow to cool then place in the fridge to chill.

## Suggestion & Tips

Nice with whipped coconut cream.