

Mini Pumpkin “Cheese” cake

{grain-free, nut-free, dairy-free, egg-free}

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Serves: 16-20

(You'll need a springform pan - like for cheesecake or a muffin tin and liners)

Ingredients:

For the Crust:

- 10 dates (if dates are hard, soak in hot water for 20-30 minutes to soften)
- 1 1/2 cups unsweetened finely shredded coconut
- 1 tsp ginger, dry
- 2 tsp cinnamon
- pinch of salt
- 1/4 cup melted coconut oil

For the Pumpkin Filling:

- 1/4 cup honey (melted if sugared)
- 1/4 cup Grade B maple syrup
- 2/3 cup melted coconut oil
- 1 can (16 oz) pureed pumpkin
- 1 avocado
- 1 tsp vanilla
- 1/4 tsp salt
- 1 TBSP cinnamon
- 1 tsp ginger, dry
- 1 tsp ground nutmeg

Method:

1. Preheat oven to 325 degrees.
2. In a food processor, combine all the crust ingredients until uniformly crumbly. Mixture should stick together when lightly squeezed between fingers.
3. Press the crust mixture into the bottom of the pan - or divide evenly between muffin cups and press down.
4. Bake the crust at 325 degrees until lightly golden on edges (12-15 minutes for springform pan, 8-10 minutes for muffin cups)
5. Remove from the oven and allow to cool.
6. In a blender or food processor, combine all of the filling ingredients. Blend until thoroughly combined.
7. Pour the filling onto the top of the crust in the springform pan.
8. Place pan in the fridge for 3 hours or freezer for 1 hour until firm.
9. Serve cold. Store leftovers in fridge (or freezer - thaw to serve)