
Healthy Vegan & Gluten-Free Pop Tarts 3 ways!

Cook Time: 15 min

prep Time: 50 min

total Time: 65 min

servings: 4

Gluten-free Vegan Pastry Dough

Ingredients:

- * 3/4 cup (70g) GF oat flour
- * 1/4 cup (40g) millet flour or buckwheat flour
- * 1/4 cup (30g) arrowroot or cornstarch
- * 2 tablespoons (g) chia egg (cold)
- * 1/2 teaspoon fine sea salt
- * Full 1/2 cup (115 grams) coconut oil, cold and in chunks
- * 2 tablespoons (30ml) maple syrup
- * 1-2 tablespoons ice water (add ice cubes to water then measure out as needed)
- * 1 teaspoon apple cider vinegar or lemon juice
- * Dairy-free milk or beaten egg

Filling Options:

- * All-Fruit Jam
- * Homemade Nutella or store bought dairy-free hazelnut chocolate spread
- * Tahini Date Caramel

Tahini Caramel:

- * 1/4 cup (60g) date paste or soft dates
- * 2 tablespoons tahini
- * 1/2-1 tablespoon maple syrup
- * 1 tablespoon coconut oil
- * 1/8 teaspoon salt
- * 1 tablespoon water as needed

Decoration:

Sprinkled sugar for jam tarts + PB drizzle

Dark chocolate melted for Nutella tart

Dusted cinnamon + icing sugar for date tarts

Instructions:

1. Place the oat flour, millet or buckwheat flour, arrowroot and salt in a food processor. Pulse a few times to combine.
2. Chop the coconut oil into chunks if it's not already chopped, and add it to the processor. Pulse about 10 times until the coconut oil is broken into small pieces no bigger than the size of peas.
3. Now add the chia gel, maple syrup and just 1 tablespoon of ice water and pulse just a few times until the mixture comes together (when you pinch it with your hand it will hold it's shape). If needed add a little more water.
4. Transfer the mixture to a bowl and quickly bring it together, divide into 2 equal portions. Wrap each half in plastic wrap, shaping into a rectangle, and store in the fridge for about 30-40 minutes. If it's in the fridge for longer you may need to leave it out for 5 minutes before rolling. This dough can be made ahead and kept in the fridge for 3 days before rolling out.
5. If you're going to use the tahini caramel then make it while the dough is in the fridge. Soak the dates in a little hot water to soften (or use date paste). Then drain and place in a food processor with the rest of the ingredients except the water. Blend until smooth, adding some water to achieve a caramel consistency.
6. Take one half of dough out of the fridge and place onto a sheet of parchment paper, and top with the plastic wrap it was wrapped in. Roll the dough into a rectangle as best you can, 24cm x 18cm, and less than 0.5cm thick, trimming the edges if needed. With the longer side facing you, cut the dough in half horizontally,

and then into thirds vertically. You will now have 6 squares, about 8cm each. Transfer the dough back to the fridge to keep it cold, and repeat the same process with the second half of dough.

7. Now that you have 12 squares, add about a tablespoon of your chosen filling on 6 of the squares, spreading them out to 1 cm from the edge. Then top with the rest of the squares to seal in the filling, pressing around the edges with a small fork. Then poke a few small holes on the top for steam to escape later when baking.

8. Place the tarts on a parchment lined tray and into the freezer. Once they are completely frozen, transfer to an airtight container.

9. At this point you can refrigerate the pop tarts wrapped in plastic or parchment paper to bake fresh in the next 3 days, or freeze for a month.

10. When you are ready to bake the tarts, make sure to pre-heat the oven to 350F or 160C. Line a baking sheet with parchment paper and place the tarts on top. Brush the top with milk or egg then sprinkle with the sugar or your choice of topping. Bake for about 15 minutes until golden. Let cool on a wire rack. If you eat them too soon they will crumble. As they cool the dough will firm up to a lovely flaky texture. But don't wait too long.

11. Store in an airtight container for 3 days (see note below).

Notes:

It's best to bake what you plan to consume that day and keep the rest in the fridge or freezer. The tarts are more crispy when enjoyed on the same day.