



Healthier Vegan Mince Pies

I love mince pies but wanted to find a healthier version and these Healthier Vegan Mince Pies are incredibly easy to make and a treat for the entire family. Best of all, they are super yummy and gluten-free.

Serves: 12, Prep time: 00:00, Cook time: 00:00

Instructions

Crust

- Start by making the crust because it needs to chill for about 30 minutes while you are preparing the mincemeat.
- Make a flaxseed egg by mixing the ground flaxseeds with water and stir until it turns into an egg-like texture.
- Add all the ingredients for the crust to your food processor and mix until it forms a crumbly dough.
- Split the dough into two even parts and shape it into balls, wrap each ball with cling film and refrigerate for about 30 minutes.

Mincemeat

Ingredients

- 1 tablespoon Ground Flaxseed
- 3 tablespoon Water
- 1 cups Almonds, Ground
- 2 tablespoon Maple
- 3 tablespoon Coconut oil
- 1 pinch or to taste Sea Salt, Pinch
- 2 Apples
- 0.66 cups Raisin, seedless
- 0.66 cups Saltanas
- 0.66 cups Cranberries
- 2 Oranges, Juiced
- 1 tablespoon Coconut oil
- 1 teaspoon Cinnamon, Ground
- 1 teaspoon Ginger Powder
- 0.5 teaspoon Vanilla Extract
- 1 tablespoon Coconut flour, For dusting

- Core the apples and chop them into small pieces. Add them the other mincemeat ingredients to a large saucepan and simmer for 30 minutes or until the apples are nice and soft. Stir regularly and cover with a lid.
- Preheat the oven to 356F/180C.
- Grease a cupcake tin with coconut oil.
- Remove one dough ball from the fridge and roll it out until it is about 1/2 centimetre thick. It might be a bit crumbly but don't worry that's normal, just keep pressing and rolling. Use a pastry cutter or glass to cut out 12 circles which are about 1 centimetre wider than your cupcake moulds.
- Carefully lift the dough circles into the cupcake tins. They might crack when you press them into the moulds but you can easily fix those with your fingers.
- Fill 1-2 tablespoons mincemeat into each mould.
- Remove the second dough ball from the refrigerator and roll it out until it is about 1/2 centimetre thick as well. Use a cookie cutter of any shape to cut out the lids, I used a star-shaped cookie cutter.
- Place the stars on top of the mincemeat and bake at 356F/180C for about 12 minutes.

Dusting

- Dust with coconut flour instead of icing sugar.

Notes

They keep for about a week in an airtight container in the refrigerator.

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