

# Pumpkin Pie Squares

*These pumpkin squares are easier to make than pumpkin pie, and they are firm enough to be eaten as finger food. They are great by themselves, or add a bit of Macadamia-Vanilla Frosting for a little “happy holidays.”*

By Cathy Fisher



Makes 16 2-inch squares

## Ingredients:

- 10 medjool dates, pitted and diced (about 1 cup diced)
- 1½ cups oat flour
- 2 teaspoons pumpkin pie spice (or see notes)
- 1 (15-ounce) can cooked pumpkin (not pumpkin pie mix)
- 1 teaspoon vanilla extract
- ½ cup unsweetened, unflavored plant milk
- 1 cup Macadamia-Vanilla Frosting

- 1 Soak the dates in a small bowl with ¾ cup water for at least 15 minutes.
- 2 Preheat the oven to 375°F.
- 3 Place the flour and pumpkin pie spice in a large bowl. Place the soaked dates, the date soak water (see “texture” note), vanilla, and plant milk in a blender and purée until smooth (1 to 2 minutes). Pour the mixture into the bowl of flour and spices, and also add the pumpkin, and mix with a wooden spoon until all the dry ingredients are incorporated.
- 4 Scrape the batter into an 8 × 8-inch parchment-lined baking sheet (or use a nonstick silicone baking pan). Cook for 25 to 30 minutes at 375°F, until lightly browned with some cracks on the top. Let cool at least 10 to 15 minutes before cutting and serving.
- 5 If desired, top with Macadamia-Vanilla Frosting just before serving, or use a rotary cheese grater to dust lightly with grated macadamia or other nuts. Storing in the refrigerator overnight will firm up these squares, then you can pack them in a lunch or as a snack.

**Notes:** To make your own pumpkin pie spice: If you do not have pumpkin pie spice on hand, you can substitute 1½ teaspoons ground cinnamon, ½ teaspoon ground nutmeg, and ⅛ teaspoon ground cloves.

**Texture:** For a firmer texture without refrigerating overnight, use only ½ cup of the date soak water in step 2

## Macadamia-Vanilla Frosting

*This frosting has a somewhat maple flavor to it. You can use it right after making it, or if you want to use a cake decorating tip (like in the top photo), put the frosting in the refrigerator for 30 minutes first.*

### Ingredients:

- ½ cup macadamia nuts, soaked in ½ cup water for 15 to 30 minutes
- 6 medjool dates, pitted and diced, soaked in ½ cup water for 15 to 30 minutes
- 1 teaspoon vanilla extract

**Directions:** Drain the soaked nuts and discard the water. Add all ingredients (the nuts, dates with their soak water, and vanilla) to a blender, and purée until smooth and even in color. Add a little more water as needed, to keep the blender moving if the mixture gets too thick. Makes 1 cup.