



THANKGIVING DAY

THE HOPE30 WAY!

Recipe #1

Pumpkin Spice “Pop Tarts”



Ingredients:

- 3/4 cup pumpkin puree
- 10 medjool dates (you want the soft ones, otherwise soak dates)
- ½ tsp vanilla powder
- 1 Tbsp pumpkin pie spice
- King Arthur Pie Crust Box Mix
- Egg whites

Instructions:

- Blend all filling ingredients in a blender until smooth.
- Prepare dough according to box instructions
- Roll out dough between two sheets of parchment paper to about a ¼-in thickness. Cut into rectangles/shapes & add filling. Do not spread filling too close to the edge of pop-tart as it will make it harder to assemble. Place another rectangle/shape over the top and use a fork to press down edges. Pierce the tops a few times with fork as well
- Brush tops and edges with egg whites
- Bake for 15 - 18 min @ 400 degrees until golden brown.

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