



THE HOLISTIC DETOX

PUMPKIN TART RECIPE

HEALTHY, SUGAR-FREE VERSION

GUILT-FREE HOLIDAY INDULGENCE

DECONSTRUCTED PUMPKIN TART FOR A HEALTHIER CELEBRATION

The holidays can be a magical time, but for those battling chronic conditions, they can also feel like a minefield of sugary temptations and indulgent treats that often leave you sidelined. It's tough enough managing your health, but when everyone around you is enjoying desserts loaded with sugar and inflammatory ingredients, it can feel isolating—like the celebration is happening without you.

That's why I wanted to create a recipe that brings the joy back to your plate, without the guilt or the setbacks. This deconstructed pumpkin tart is a delicious, sugar-free alternative that delivers all the comforting flavors of the season, while supporting your health. With its crunchy crumble, silky pumpkin filling, and light whipped topping, this dessert proves that you don't have to compromise on taste to stay on track.

Because no one should feel left out during the holidays—not even your body. Let's celebrate with something you can truly enjoy, inside and out.



INGREDIENTS

EVERYTHING YOU'LL NEED

Crumble Base (Grain-Free & Sugar-Free)

- 150g unsalted butter (or coconut oil for dairy-free), cubed and cold
- 50g almond flour
- 100g coconut flour
- 40g powdered monk fruit sweetener or erythritol
- 1g salt
- 1 large egg

Pumpkin Purée

- 1 large butternut squash or sugar pumpkin
- Water

Pumpkin Filling (Dairy-Free & Sugar-Free)

- 370g pumpkin purée
- 290g coconut cream (from a can)
- 40g monk fruit sweetener or erythritol (adjust to taste)
- 1 tsp cinnamon
- 1/2 tsp ginger powder
- 1/4 tsp nutmeg
- Pinch of salt
- 2 large eggs (or 2 tbsp flaxseed meal + 6 tbsp water for egg-free)

Topping

- Whipped coconut cream (chilled coconut cream whisked with vanilla extract and optional monk fruit sweetener)
- Ground cinnamon for garnish



THE CRUMBLE BASE

PART 1

INSTRUCTIONS

1. In a food processor or stand mixer with a paddle attachment, combine cold butter, almond flour, coconut flour, sweetener, and salt until crumbly.
2. Add the egg and mix just until the dough comes together—don't overwork it.
3. Wrap the dough in plastic wrap and refrigerate for 30 minutes.
4. Roll the dough between two sheets of parchment paper to 3mm thickness. Transfer to a baking sheet.
5. Bake at 175°C (350°F) for 12-15 minutes, or until golden brown.
6. Let cool completely, then break into small, crunchy pieces.

INGREDIENTS

- 150g unsalted butter (or coconut oil for dairy-free), cubed and cold
- 50g almond flour
- 100g coconut flour
- 40g powdered monk fruit sweetener or erythritol
- 1g salt
- 1 large egg

TIP

Make Ahead: Prepare the crumble and pumpkin filling in advance for stress-free assembly on the day of serving.



THE PUMPKIN PURÉE

PART 2

INSTRUCTIONS

1. Preheat your oven to 180°C (350°F).
Slice the squash in half lengthwise and scoop out the seeds.
2. Place the halves cut-side down on a baking sheet lined with foil. Cover loosely with more foil.
3. Roast for 1.5 hours, or until the flesh is tender.
4. Let cool, then scoop out the flesh and blend with just enough water to create a smooth, glossy purée.

INGREDIENTS

- 1 large butternut squash or sugar pumpkin
- Water

TIP

Pumpkin Spice Latte Hack:

Use leftover pumpkin filling to make a sugar-free pumpkin spice latte by mixing a spoonful into coffee or tea.



THE PUMPKIN FILLING

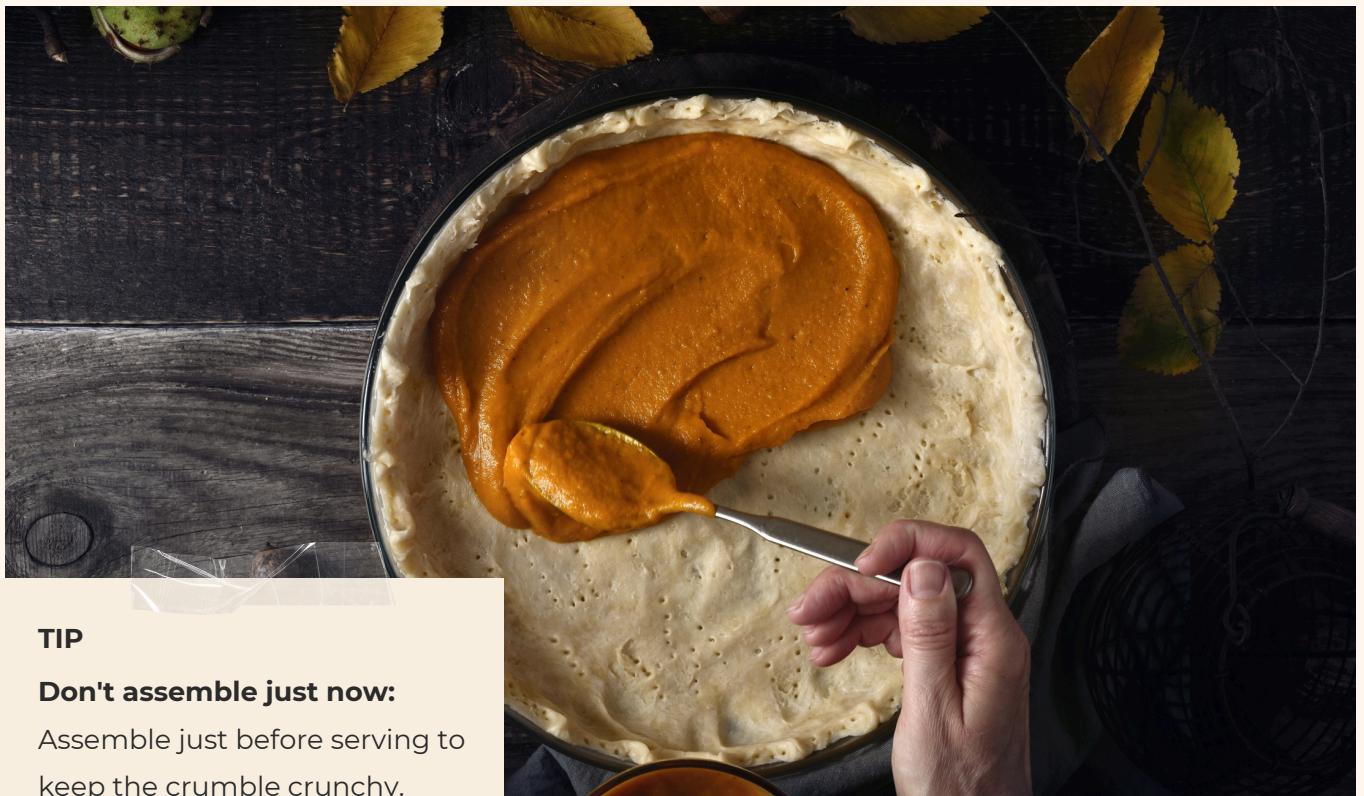
PART 3

INSTRUCTIONS

1. In a medium pot, whisk together the pumpkin purée, coconut cream, sweetener, spices, and salt over medium-low heat.
2. Once the mixture is warm, gradually whisk in the eggs (or flax eggs) and cook, stirring constantly, for 5-7 minutes, until it thickens to a custard-like consistency.
3. Remove from heat and cool in the fridge for at least 2 hours (or overnight for best results).

INGREDIENTS

- 370g pumpkin purée (from Step 2)
- 290g coconut cream (from a can)
- 40g monk fruit sweetener or erythritol (adjust to taste)
- 1 tsp cinnamon
- 1/2 tsp ginger powder
- 1/4 tsp nutmeg
- Pinch of salt
- 2 large eggs (or 2 tbsp flaxseed meal + 6 tbsp water for egg-free)



TIP

Don't assemble just now:

Assemble just before serving to keep the crumble crunchy.

ASSEMBLE!

FINAL PART

INSTRUCTIONS

1. In small glass cups or bowls, add a 2-3 tablespoon layer of the crumble base.
2. Spoon on an equal layer of pumpkin filling.
3. Top with a dollop of whipped coconut cream and a sprinkle of cinnamon.

INSTRUCTIONS

This dessert is a perfect combination of indulgent textures and warm, seasonal flavors without compromising your health. It's proof that holiday treats can be just as delicious when they're made with care for your body. **Enjoy!**

INGREDIENTS

- Crumble base (prepared in Step 1)
- Pumpkin filling (prepared in Step 3)
- Whipped coconut cream (chilled coconut cream whisked with vanilla extract and optional monk fruit sweetener)
- Ground cinnamon (for garnish)



HAPPY THANKSGIVING!

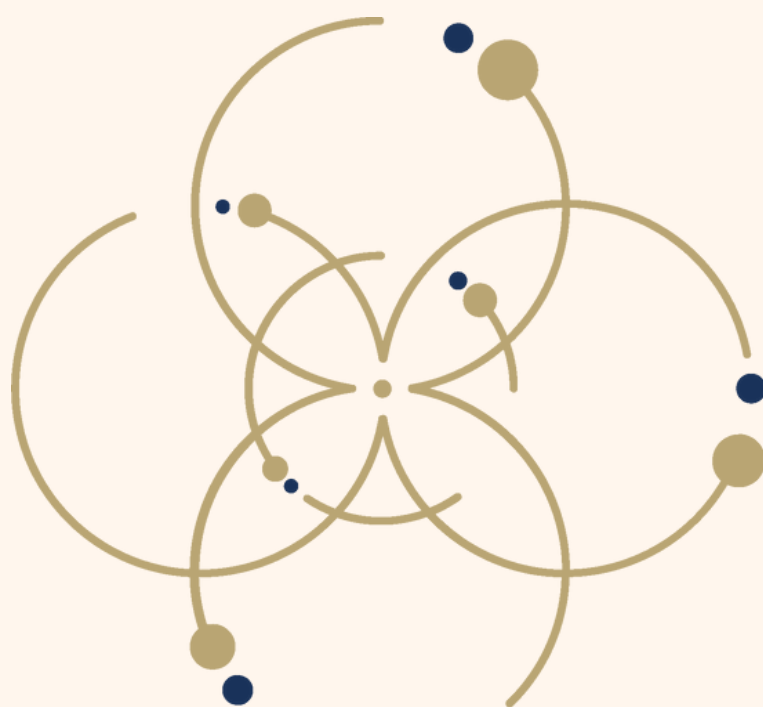
Warmest regards,
to your INVISIBLE BATTLES & UNSEEN STRENGTH,

Carola Le-Wriedt

Founder, Wellhistic & The Holistic Detox



Carola



THE
HOLISTIC
DETOX