



Pets-de-sœur (Nun's Farts) with maple

Recipe Gluten-free, dairy-free (casein-free), hypotoxic and vegan

By: Cuisine l'Angélique

PORTIONS: **12**

PREPARATION: **15 MINUTES** *

COOKING: **55 MINUTES**

*The cooking time is calculated using a pie crust already prepared the night before.



ORGANIC INGREDIENTS

Dough:

- [Recipe for pie crust](#)

Filling:

- 35 g (1/4 cup) non-dairy margarine**
- 60 g (1/2 cup) maple sugar
- 35 g (1/3 cup) pecans, finely chopped

Sauce:

- 250 g (1 cup) canned coconut milk***
- 160 g (1/2 cup) maple syrup

PREPARATION

1. Prepare the pie crust dough according to your chosen recipe, cover, and refrigerate for 12 hours.
2. Preheat the oven to 180 °C (350 °F). Grease a 20 cm x 20 cm (8 " x 8 ") mold.
3. On a floured surface, spread the pie dough into a rectangle shape of about 30 cm x 45 cm (12 " x 18 ") and about 3 mm (1/8 ") thick.
4. Spread the margarine over the entire surface of the dough.
5. In a small bowl, mix together the maple sugar and pecans. Spread this mixture over the dough.
6. Roll the dough and make 12 slices of about 2,5 cm (1 ") thickness.
7. Lay the slices in the mold. Whip together the sauce ingredients and pour over the pets-de-sœur.
8. Place the mold on a baking sheet. Cook on the middle rack of the oven for about 55 to 60 minutes, or until the pets-de-sœur are golden.

A basic recipe to help you use your leftover pie dough!

TIP

** If you do not follow a dairy-free diet, you may use butter instead of margarine.

*** If you do not follow a dairy-free diet, you can use cream instead of coconut milk.