

# Pecan Pie Bars (Vegan + GF)

Rich, buttery, decadent pecan pie made vegan, gluten-free, and in bar form! All the classic flavors without the corn syrup. Simple methods and just 9 ingredients required!

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4.95 from 39 votes

**PREP TIME** 35 minutes

**COOK TIME** 55 minutes

**TOTAL TIME** 1 hour 30 minutes

**Servings** 16 (Bars)

**Course** Dessert

**Cuisine** Gluten-Free, Vegan

**Freezer Friendly** No

**Does it keep?** 3-4 Days

## Ingredients

### CRUST

- 1 ½ cups [almond flour](#) (can try subbing cashew flour, though we haven't tested it and can't guarantee the results)
- 1 cup tapioca starch
- 1/2 tsp sea salt
- 6 Tbsp vegan butter, cold and cubed (we used Miyoko's)
- 5-6 Tbsp maple syrup

## FILLING

- 1/3 cup melted vegan butter (we used Miyoko's)
- 1/2 cup maple syrup
- 1/2 cup brown sugar (see notes for substitutions)
- 1 tsp vanilla extract
- 2 Tbsp plain unsweetened dairy-free milk (we used almond milk)
- 2 Tbsp tapioca starch
- 2 cups raw pecans, roughly chopped

## Instructions

1. Preheat the oven to 350 F (176 C) and line an [8 x 8-inch](#) baking dish with parchment paper.
2. CRUST: In a medium mixing bowl, combine almond flour, tapioca starch, and salt. Whisk to combine and break up any clumps. Add cold vegan butter to the flours, and use clean hands, a pastry cutter, or a fork to cut the butter and mix it with the flours until the mixture looks like wet sand. It should hold together when squeezed, and there should be no clumps of butter larger than a pea. Add the maple syrup (starting with the lesser amount) and stir well until the dough comes together.
3. Transfer mixture to the parchment-lined baking dish and spread evenly to distribute. If you are struggling to get it even, place parchment paper on top and use a flat-bottomed object, like a drinking glass, to press down firmly until it's evenly distributed and well packed. Place crust into the oven and bake for 10-15 minutes until it looks pale and dry in the center and the edges just start to look golden.
4. FILLING: While the crust bakes, make the filling. To a medium mixing bowl, add melted butter, maple syrup, brown sugar, vanilla, dairy-free milk, and tapioca starch. Whisk to thoroughly combine, making sure to break up any clumps of tapioca starch. Add in the chopped pecans and give it a stir to evenly distribute. Remove the crust from the oven and let it cool for 5-10 minutes.
5. After the crust has cooled, add the filling to the crust, spreading it evenly and making sure the pecans are distributed throughout. Bake for 35-40 minutes. The edges should be bubbly and the filling slightly darkened in color. The middle should still be slightly wiggly when it's done, so don't worry! It firms up quite a bit when it cools.
6. Let the bars cool **completely** before slicing. Once cooled, cut into 16 equal squares and serve! Leftovers can be stored in an airtight container at room temperature or in the refrigerator for 3-4 days. Not freezer friendly.

## Notes

\*Coconut sugar is the next best option to replace brown sugar, but the filling will be less firm and more difficult to cut. We also tested dates blended with coconut milk, which had a delicious

flavor, but the mixture made the filling dense and did not allow the pecans to get crispy.  
\*Nutrition information is a rough estimate calculated with the lesser amount of maple syrup.

## Nutrition (1 of 16 servings)

**Serving:** 1 bar

**Calories:** 309

**Carbohydrates:** 26.8 g

**Protein:** 3.5 g

**Fat:** 22.2 g

**Saturated Fat:** 6.9 g

**Polyunsaturated Fat:** 4.2 g

**Monounsaturated Fat:** 8.9 g

**Trans Fat:** 0 g

**Cholesterol:** 0 mg

**Sodium:** 124 mg

**Potassium:** 175 mg

**Fiber:** 2.5 g

**Sugar:** 15.1 g

**Vitamin A:** 8 IU

**Vitamin C:** 0 mg

**Calcium:** 61 mg

**Iron:** 0.7 mg