



Grain-Free Pop-Tarts Copycat

Grain-Free, Gluten-Free, Nut-Free, Egg-Free

Prep time: 25 mins

Cook time: 30 minutes

Yield: about 6 Pop-Tarts

Pastry Crust Ingredients

- 1 cup [Otto's Naturals - Cassava Flour](#)
- ½ teaspoon salt
- 1 ½ sticks (12 Tbsp.) cold unsalted butter, cut into ½ inch pieces
- ¼ cup ice water

Instructions

1. In a food processor, combine cassava flour, salt, and butter; pulsing briefly until butter is the size of peas, about 10 seconds.
2. Add ice water, one tablespoon at a time, until just moistened and crumbly.
3. Transfer crumbly dough to a lightly floured work surface and shape into 2 discs. Wrap one in saran wrap and refrigerate while you work with the other.
4. Divide disc evenly into 6 balls and flatten each to about ⅛-inch using the method of your choice. We prefer making rounds using our tortilla press and two pieces of parchment paper, but you can go old school and use a rolling pin if you prefer. Round or rectangle, it's up to you! If doing rectangles, you'll want to keep them to around 4x3-inches.
5. Stack, separated with parchment, and refrigerate for at least 30 mins. Repeat with the second disc.
6. After refrigeration, place half the dough pieces on a cookie sheet and add your desired filling, taking care to leave about ¼" on the perimeter for the dough to seal.
7. Top with another piece of dough and seal the edges by crimping with a fork, ensuring your filling won't escape.
8. Poke a few tiny holes in the top with a toothpick or fork to let steam escape during baking; this will keep the flakiness!
9. Pop the tarts back into the refrigerator while your oven preheats, about 15-20 minutes. This will firm the pastry back up and ensure even baking.
10. Bake for about 30 minutes at 350°F, turning pan halfway through. Pastries should be a light golden-brown.

11. Allow to cool on pan for about 5 minutes before transferring to a wire rack to cool completely. They will be delicate until completely cool.
 12. Eat now or store for a quick breakfast. These heat up beautifully in the toaster, especially if not pre-frosted.
 13. Store in an airtight container at room temperature for 3 days or in the refrigerator for 6. To reheat, pop in the toaster or reheat in a 350°F oven for 10 minutes. You can freeze if un-frosted and reheat the same way.
 14. To frost, whisk glaze ingredients and carefully spread on your Pop-Tarts with the back of a spoon. Add sprinkles for a little color pop!
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Cinnamon Sugar Filling

- 1/2 cup packed brown sugar
- 2 teaspoons ground cinnamon
- 1 Tablespoon [Otto's Naturals - Cassava Flour](#)

Directions:

1. Mix sugar, cinnamon, and cassava flour in a small bowl
2. Use one heaping Tablespoon per tart, leaving out 1/4" around the perimeter for crimping. Use the back of a spoon or measuring cup to spread evenly.

Cinnamon Glaze:

- 3/4 cup confectioners sugar or powdered maple sugar
- ~1 Tablespoon milk or water
- 1/2 teaspoon cinnamon
- 1/4 teaspoon vanilla

Fruit Filling

IMPORTANT: If you prefer a fruit filling **PLEASE USE JAM** (not jelly!). Jelly will leak all over, while jam stays neatly (well mostly) inside your pop tart where it belongs.

Fruit Glaze

- 3/4 cup confectioners sugar or powdered maple sugar
- ~1 Tablespoon fruit juice (🍓 we just thawed a few frozen raspberries and crushed them to get some juice out!)
- 1/4 teaspoon vanilla