

Low FODMAP Christmas Fruit Mince Pies

Festive mince pies with spiced fruit filling and buttery pastry - a holiday tradition made IBS-friendly without compromising on that classic Christmas flavor.

Prep: 90 min

Cook: 25 min

Total: 115 min

Servings: 12

Low FODMAP ✓

Ingredients

plus extra for dusting 300g gluten-free plain flour blend

adds richness to pastry 100g ground almonds

must be cold for flaky pastry 200g cold unsalted butter, cubed

for pastry 50g caster sugar

plus extra for glazing 1 large egg, beaten

to bring pastry together 2-3 tablespoons cold water

low FODMAP in this quantity 150g fresh or frozen cranberries, roughly chopped

approximately 4g per pie, within safe limits 50g raisins, roughly chopped

zest only, no juice Zest of 1 orange

zest only, no juice Zest of 1 lemon

limited amount to stay low FODMAP 2 tablespoons fresh orange juice

for mincemeat filling 75g brown sugar

warming spice 1 teaspoon ground cinnamon

festive flavor 1/4 teaspoon ground nutmeg

aids digestion 1/4 teaspoon ground ginger

for mincemeat filling 30g unsalted butter

optional, for serving Icing sugar for dusting

Instructions

Step 1: Prepare the Mincemeat Filling

(25 min)

In a medium saucepan, combine the chopped cranberries, raisins, orange and lemon zest, 2 tablespoons orange juice, brown sugar, cinnamon, nutmeg, and ginger. Add the 30g butter and place over medium heat. Stir frequently until the butter melts and sugar dissolves, then reduce heat to low and simmer gently for 15-20 minutes, stirring occasionally, until the mixture thickens and the fruits are plump and tender. The filling should be jammy but not dry. Remove from heat and let cool completely - this can be made up to 2 weeks ahead and stored in the refrigerator.

Step 2: Make the Pastry

(40 min)

In a large mixing bowl, whisk together the gluten-free flour, ground almonds, and caster sugar. Add the cold cubed butter and rub it into the flour mixture with your fingertips until it resembles coarse breadcrumbs. Make a well in the center, add the beaten egg, and mix with a fork. Gradually add cold water, one tablespoon at a time, until the dough just comes together. Be careful not to overwork it. Shape into a disc, wrap in plastic wrap, and refrigerate for at least 30 minutes.

Step 3: Roll and Cut the Pastry

(15 min)

Preheat your oven to 180°C (350°F). On a lightly floured surface, roll out two-thirds of the chilled pastry to about 3mm thickness. Using a round cutter approximately 7-8cm in diameter, cut out 12 circles and gently press them into a greased 12-hole muffin tin, ensuring the pastry comes up the sides. Roll out the remaining pastry and cut 12 smaller circles (about 6cm) or festive shapes like stars for the tops.

Step 4: Fill the Pies

(5 min)

Spoon about 1-2 tablespoons of the cooled mincemeat filling into each pastry case, filling them about three-quarters full. Don't overfill or the filling will bubble over during baking. Brush the edges of the pastry bases lightly with beaten egg to help seal the tops.

Step 5: Top and Glaze

(5 min)

Place the pastry lids or decorative shapes on top of each filled pie. If using full lids, press the edges gently to seal and make a small slit in the center of each to allow steam to escape. Brush the tops generously with beaten egg for a beautiful golden finish.

Step 6: Bake to Golden Perfection

(25 min)

Bake in the preheated oven for 20-25 minutes until the pastry is golden brown and crisp. The pies should have a lovely sheen and the filling will be bubbling gently. Remove from the oven and let cool in the tin for 5 minutes before carefully transferring to a wire rack.

Step 7: Finish and Serve

(5 min)

Once the pies have cooled to warm or room temperature, dust generously with icing sugar for that classic festive look. Serve warm or at room temperature. These pies can be stored in an airtight container for up to 5 days, or frozen for up to 3 months. Reheat gently in a low oven before serving.