

# LOVE THY CARROT

*real food made with love*

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## PUMPKIN LOAF, GLUTEN FREE, DAIRY FREE AND SUGAR FREE

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This recipe makes one loaf.

Soft and moist with a deep pumpkin flavour and best of all you only need one bowl.

### INGREDIENTS

3/4 cup pumpkin, I used organic canned pumpkin

1/4 cup maple syrup

1/4 cup melted coconut oil, let cool a bit

3 eggs

1 cup almond flour

1/4 cup coconut flour

1/2 tsp sea salt

1/2 tsp baking soda

1 tsp cinnamon

1/4 tsp ground ginger

1/4 tsp nutmeg

1/4 tsp allspice

1/4 tsp cloves

handful of pumpkin seeds, (optional)

### DIRECTIONS

1. Preheat oven to 325 F.
2. Combine all wet ingredients in a bowl and mix.
3. Add the dry ingredients to the wet ingredients. Stir until well-combined.
4. Pour the mixture into a greased loaf pan.
5. Sprinkle with a handful of pumpkin seeds on top.
6. Bake for 45-60 minutes.

## COOKS NOTES

Feel free to add in a handful of your favourite chocolate chips.