

LOVE THY CARROT

real food made with love

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PUMPKIN LOAF

This recipe makes 1 loaf

INGREDIENTS

- ½ cup coconut flour
- ½ cup almond flour
- ½ cup ripe banana, mashed
- ½ cup pure pumpkin puree
- ½ cup almond butter or any nut butter you like
- 1 tsp baking soda
- ¼ cup honey
- 4 large eggs
- ½ tsp vanilla extract
- 1 tsp cinnamon
- 1 tsp nutmeg
- ½ tsp ground cloves
- ½ tsp ground ginger
- ½ tsp salt
- ¾ cup pecans, chopped, (optional, or your favourite nut)

DIRECTIONS

1. Preheat oven to 350 F.
2. In a large bowl, combine the almond flour, coconut flour, baking soda, salt and the rest of the spices.

3. In a separate bowl combine the eggs, almond butter, honey, banana, pumpkin puree, and vanilla extract. Mix everything together until you get a very smooth texture. (You could also use the food processor for this).
4. Pour the liquid ingredients into the dry ingredients and stir with a spoon until blended.
5. Add the chopped pecans.
6. Pour the batter into a greased loaf pan, (I used coconut oil), and bake in the oven for about 45 minutes, or until done, test with a cake tester or toothpick.
7. Let cool before removing from loaf pan.