

Grain-Free Pumpkin Bread

INGREDIENTS:

- 1 1/2 cup almond or hazelnut meal
- 1/4 cup coconut flour
- 3/4 tsp of baking soda
- 1 tsp of cinnamon
- 1/2 tsp of nutmeg
- 1/4 tsp of ginger
- 1/4 tsp allspice
- 1/2 tsp of sea salt
- 1/2 cup organic pumpkin puree (fresh or canned)
- 1/3 cup raw honey
- 2 eggs
- 3 Tbsp nut milk

INSTRUCTIONS:

- Pre-heat oven to 350 degrees.
- Lightly grease one standard or two mini bread pans with coconut oil.
- Combine all dry ingredients (nut meal, coconut flour, baking soda, cinnamon, nutmeg, ginger, allspice, salt).
- In a separate bowl, combine wet ingredients (pumpkin puree, honey/maple syrup, eggs).
- Add wet ingredients to dry ingredients and mix until combined.
- Pour batter into 5x9 bread pan (or you can use a muffin tin)
- Bake for approximately 45-55 minutes (top should be lightly browned and a toothpick will come out clean).
- Let bread stand in the pan for 5 minutes. Then transfer to a cooling rack and allow to cool completely.
- Note: this bread does not rise like normal bread due to the nut meal

*Adapted from a Spinach 4 Breakfast recipe