

## Gluten-free Pumpkin Bread

BY VALERIE PICCITTO, RHN, CNE

### INGREDIENTS

1/2 cup almond flour  
1/2 cup buckwheat flour  
1/2 cup brown rice flour  
1.5 tsp baking powder  
1/2 tsp baking soda  
1 tsp ground cinnamon  
1/4 tsp ground nutmeg  
1/4 tsp allspice  
1/4 tsp sea salt  
8 oz. canned pumpkin  
1/2 cup coconut sugar  
2 eggs  
6 Tbsp coconut oil, melted  
1/4 cup non-dairy milk  
1 tsp vanilla extract



### DIRECTIONS

1. Preheat oven to 350F. Grease a loaf pan and set it aside.
2. Whisk dry ingredients in a large bowl: flours, baking powder, baking soda, cinnamon, nutmeg, allspice and sea salt.
3. Combine wet ingredients in a separate bowl: pumpkin puree, coconut sugar, whisked eggs, oil, non-dairy milk and vanilla.
4. Add wet ingredients to your dry ingredients bowl and combine well.
5. Pour mixture into loaf pan and using a spatula smooth out the top.
6. Bake for 45 minutes or until a toothpick inserted into the centre of the loaf comes out clean.
7. Allow loaf to cool on a cooling rack then slice and serve.

**LINK:** <http://valeriepiccitto.com/blog/gluten-free-pumpkin-bread>

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