

Pumpkin Loaf

12 ingredients · 1 hour · 12 servings



Directions

1. Preheat oven to 350°F (177°C). Lightly grease a loaf pan or line it with parchment paper.
2. In a food processor, combine your eggs, sunflower seed butter, maple syrup, pumpkin puree, coconut oil and lemon juice. Blend until smooth and creamy. (Note: You can also mix by hand if you prefer.)
3. Add the coconut flour, cinnamon, nutmeg, baking powder, ginger and sea salt. Blend again until smooth.
4. Transfer the batter into the loaf pan. Bake for 40 to 45 minutes. (You can test if it is done by inserting a toothpick. It will come out clean when the loaf is finished.)
5. Remove the loaf from the oven and allow to cool in the pan for at least 15 minutes. Remove from the pan and let cool entirely before slicing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. If not eating right away, wrap and store in the freezer for up to two months.

Muffins

Bake in a muffin tin instead of a loaf pan. Baking time will decrease to 30 to 40 minutes.

Make it Sweet

Stir in a handful of dark chocolate chips to the batter before baking.

Serve it With

A cup of herbal tea or coffee.

Ingredients

- 3 Egg
- 3/4 cup Sunflower Seed Butter
- 1/3 cup Maple Syrup
- 1/2 cup Pureed Pumpkin
- 3 tbsps Coconut Oil
- 1/2 Lemon (juiced)
- 1/4 cup Coconut Flour
- 2 tsps Cinnamon
- 1 tsp Nutmeg
- 1/3 tsp Baking Powder
- 1 1/2 tsps Ginger (grated)
- 1/4 tsp Sea Salt