

# Grain-Free Pumpkin Bread

Prep Time: 15 minutes | Cook Time: 35-45 minutes  
Servings: 12 | Serving Size: 1 slice



*This bread is low in sugar but big on taste and deliciousness! Make sure to add your favorite crunch—I love walnuts because they are a healthy source of omega 6 fats and have been shown to be neuro-protective for the brain.*

## Ingredients:

Heaping  $\frac{1}{2}$  cup 100% pure pumpkin puree  
 $\frac{1}{4}$  cup coconut flour  
1  $\frac{1}{2}$  cups blanched almond flour or almond meal  
 $\frac{1}{2}$  teaspoon baking powder  
 $\frac{1}{2}$  teaspoon baking soda  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon ground cinnamon  
 $\frac{1}{2}$  teaspoon ground ginger  
1 teaspoon pumpkin pie spice  
3 large eggs

3 tablespoons coconut palm sugar, divided  
2 tablespoons maple syrup  
 $\frac{1}{3}$  cup coconut oil, melted  
1 teaspoon pure vanilla extract

Optional: (Choose one)

$\frac{1}{4}$  cup chopped nuts (walnuts, almonds, or hazelnuts)  
 $\frac{1}{3}$  cup dark or vegan chocolate chips

## Directions:

1. Heat oven to 350 degrees and grease the sides and bottom of an 8½-by-4½-inch loaf pan with a heaping teaspoon of coconut oil or ghee, then place a piece of parchment paper on the bottom.
2. In a large bowl, whisk flours, salt, baking soda, baking powder, pumpkin pie spice, cinnamon, and ginger.
3. In a separate bowl or in the bowl of a stand mixer beat eggs, pumpkin puree, coconut sugar, maple syrup, melted oil or ghee, and vanilla for 60 seconds.
4. Fold dry ingredients into wet ingredients and mix by hand with a spatula until well incorporated; add more coconut flour 1 tablespoon at a time if your batter is too thin and wet.
5. Then fold in chopped nuts or other toppings if using.
6. Pour batter into loaf pan and then place it in the oven to bake.
7. Bake until golden brown and a toothpick inserted in the center comes out clean, about 35-45 minutes.
8. Allow loaf to cool for 15-25 minutes before removing it from the loaf pan.
9. Place on wire rack to cool completely before slicing.
10. Serve by itself or with some ghee, coconut oil, grass-fed butter, or apple butter and enjoy!!

## Tips and Tricks:

You can make muffins instead of bread if you prefer. Bake for 18-25 minutes or until a toothpick inserted in the center of the muffin comes out clean. Remove muffins from the tin but leave the muffin paper/wrapper on until completely cool. If you try to peel it too early, lots of the muffin will stick to the paper and it will be a mess!

*\*Calculated without nuts or chocolate chips.\**

## Nutritional Information Per Serving:\*

**Calories: 179**  
**Fat: 10.2 g**  
**Cholesterol: 46.5 mg**  
**Sodium: 193.7 mg**  
**Total Carbohydrate: 18.2 g**  
**Dietary Fiber: 2.9 g**  
**Sugars: 4.9 g**  
**Protein: 4.5 g**