



Perfect Paleo Pumpkin Bread

Jacob · 28/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

1 hr 25 mins

Description

This paleo pumpkin bread is a delicious and dense breakfast or snack

Ingredients

- - 1 ½ cups almond flour - ½ cup coconut flour - 5 teaspoons pumpkin pie spice - 1 ½ teaspoons baking soda - 1 ½ teaspoons baking powder - 1 teaspoon kosher salt - 1 (15 ounce) can pumpkin puree - 4 large eggs - ½ cup maple syrup - 5 tablespoons coconut oil
- melted - 2 teaspoons pure vanilla extract

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Line a 9x5-inch loaf pan with parchment paper. Stir almond flour
2. coconut flour
3. pumpkin pie spice
4. baking soda
5. baking powder
6. and kosher salt together in a large bowl with a whisk to mix. Beat pumpkin purée
7. eggs
8. maple syrup
9. coconut oil
10. and vanilla together in a separate bowl until smooth; add to flour mixture and gently stir just until dry ingredients are moistened. Pour batter into the prepared pan. Bake in the preheated oven until a toothpick inserted into the center comes out clean
11. 55 to 70 minutes. Cool in the pan for 15 to 20 minutes before removing to cool completely on a wire rack. Tips The batter also makes a great muffin. Just reduce bake time to 25 to 35 minutes. You can use honey in place of the maple syrup
12. if preferred.