



Paleo Pumpkin Bread

*Use Organic Ingredients when possible

Ingredients:

- 4 Eggs
- 1 teaspoon Vanilla Extract
- ¼ cup Honey or Maple Syrup
- ½ cup Melted Coconut Oil
- 1 cup Pumpkin Puree
- ½ cup Coconut Flour
- 1 teaspoon Baking Soda
- 1 teaspoon Cinnamon
- 1 teaspoon Ground Nutmeg
- ½ teaspoon Ground Cloves
- ½ teaspoon Ground Ginger
- Pumpkin Seeds for optional topping

Instructions:

1. Heat your oven to 350F.
2. Beat the eggs in a medium sized bowl. Add the vanilla, honey, and oil to the eggs, mixing thoroughly. Add the pumpkin puree and mix until you have a smooth batter.
3. Add the coconut flour, baking soda, and all of your spices to the pumpkin batter and mix until combined making sure that you have no lumps in your batter.
4. Grease an 8x4 inch loaf pan, or line with parchment and scoop your batter into the pan. Sprinkle on a small handful of pumpkin seeds (optional).
5. Place in the oven and bake for 45-50 minutes, or until a knife going into the center comes out clean. Cool and serve.