



Paleo Pumpkin Bread

(recipe adapted from the Paleo Plan)

Ingredients

- ½ cup tapioca flour or starch
- 1 tablespoon cinnamon
- ¼ teaspoon nutmeg, ground
- ¼ teaspoon ginger, ground
- 1 ½ teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon sea salt
- ¾ cup cashew butter (almond butter would work too!)
- 2 large eggs
- ½ cup maple syrup
- 3 tablespoon coconut oil, melted
- ½ cup pumpkin puree
- 1 tablespoon lemon juice
- 1 tablespoon vanilla

Instructions

Preheat oven to 350 F. Coat an 8.5x4.5 loaf pan lightly with coconut oil. Combine tapioca flour, cinnamon, nutmeg, ginger, baking powder, baking soda, and salt in a medium bowl. Stir until combined.

In a large bowl, combine the cashew butter, eggs, maple syrup, coconut oil, pumpkin, lemon juice and vanilla and stir with a wooden spoon or spatula until well combined. Add in the dry ingredients and mix well.

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Pour the batter into pan and bake for 50-60 minutes, until top is browned and a toothpick inserted in the center comes out clean. Allow to cool completely before slicing and serving