



# Dumpkin Bread



prep time  
10 minutes



total time  
1 hr, 10 min



servings  
10

## Ingredients

- 3 eggs ~ 3 servings of protein, 1 serving of fat
- 1 cup/280 grams pumpkin puree ~ 2 carb or 4 veggie servings
- 1/3 cup full fat coconut milk ~ 1 1/3 serving of fat
- 1/3 cup pure maple syrup ~ 5 servings of carb
- 1 tsp pure vanilla extract
- 1 3/4 cups/150 grams blanched almond flour ~ 5 servings of fat
- 1/4 cup tapioca flour ~ 1/4 serving of carb
- 1 Tbsp coconut flour ~ 1/2 serving of fat
- 1 tsp baking soda
- 1 tbsp pumpkin pie spice
- 1/2 tsp ground cinnamon
- pinch fine grain sea salt

## Instructions

- 1 Preheat your oven to 350 degrees and line a medium loaf pan with parchment paper, with a couple of inches overlapping for easy removal.
- 2 In a large bowl, whisk together the eggs, pumpkin puree, creamy coconut milk\*, maple syrup, and vanilla extract.
- 3 In a medium bowl, combine the almond flour, tapioca flour, coconut flour, baking soda, pumpkin pie spice, cinnamon and salt
- 4 Slowly and gently mix the dry ingredients into the wet until just combined.
- 5 Transfer all the batter into the prepared loaf pan, scraping the bowl with a spatula to use every drop.
- 6 Bake in the preheated oven for 1 hour or until a toothpick inserted in the center of the loaf comes out clean, and the top is deep golden brown.



- 7 Remove from the oven and allow to sit in the loaf pan for about 5 minutes. Then, hold each side of the parchment paper to gently remove the loaf (it will stay in the parchment paper) to cool on a wire rack.
- 8 Allow the loaf to cool untouched for 2 hours before slicing. Enjoy!

\*take a chilled can of full fat coconut milk, discard half the "water" and blend up the rest before adding to the recipe

Whole Recipe Breakdown:

3 Servings Protein  
5 Servings Carb  
~8 Servings Fat  
4 Servings Veggies