

# Spiced Butternut Loaf

*recipe by Nicola Moores*

Serves 12

## Ingredients:

1x 600 g butternut, cut in half lengthways  
½ cup extra virgin coconut oil, melted  
½ cup pure Canadian maple syrup  
1 tsp. Heilala pure vanilla extract with seeds  
3 eggs, whisked  
1 cup buckwheat flour, sifted  
½ cup almond meal  
2 tsps. baking powder, sifted  
1 tsp. flaky sea salt  
1 tsp. ground cinnamon  
½ tsp. ground ginger  
¼ tsp. ground cardamom  
¼ tsp. ground nutmeg

## To Serve:

Butter or almond butter  
Ground cinnamon  
Plain coconut yoghurt  
Edible flowers

## Method:

Preheat the oven to 220°C fan bake mode.

To prepare the butternut purée, place the butternut halves cut side down on a baking tray and bake for 30 minutes or until the flesh is cooked and the skin is golden.

Once cool enough to handle, peel off the skin, remove the seeds and put 300-350 g of the butternut puree aside.

To prepare the loaf, reduce the oven temperature to 180°C fan bake mode, grease a loaf tin with coconut oil and line it with baking paper.

Put the pumpkin purée, coconut oil, maple syrup and vanilla into a food processor and blend until silky smooth.

Transfer to a bowl, add the rest of the ingredients and gently fold until just combined. Transfer to the tin and bake for 40 minutes or until a skewer inserted into the centre of the loaf comes out clean.

Set aside to cool in the tin for 15 minutes before inverting onto a wire rack to cool completely.

Serve with coconut yoghurt and edible flowers or even better, whilst still warm with lashings of butter / almond butter and a sprinkling of cinnamon. It also toasts really well.

Store in an airtight container in the fridge for up to a week, just make sure you bring the loaf to room temperature before serving.

