

# Pumpkin Seed Ring Cake with Pumpkin-Spinach-Smoothie

1 ring cake á Ø 22 cm (equals 12 pieces)

🕒 75 minutes

●●● Level of difficulty

## Ingredients

### For the ring cake:

- 4 eggs
- 170 g Erythrit (sugar substitute)
- 125 ml pumpkin seed oil
- 260 g spelt whole meal flour
- ½ sachet baking powder
- 100 g pumpkin seeds (roasted & chopped)
- coconu oil for the tin
- whole grain-breadcrumbs for the tin

### For the Smoothie (4 servings):

- 80 g pumpkin (e.g. Hokkaido)
- 2 tbsp pumpkin seeds
- 2 large apples
- 100 ml cold water
- 150 ml pear juice (or apple juice)
- 2 handfuls of spinach
- 4 Sticks **spermidine**LIFE® **Boost+**

## Preparation

For the ring cake: Beat the eggs with erythritol in a mixer for a few minutes until foamy. Add the pumpkin seed oil and continue beating. Mix the flour with the baking powder and pumpkin seeds and fold into the liquid ingredients.

Grease a 22 cm diameter cake tin with coconut oil and sprinkle with breadcrumbs. Pour the batter into the cake tin and bake in a preheated oven at 175 °C for about 50 to 60 minutes (poke the middle of the cake with a toothpick to check doneness!).

Remove the ring cake from the oven and allow to cool briefly before taking it out of the tin.

For the smoothie: Wash and clean the Hokkaido pumpkin and cut into pieces (if using a different pumpkin, peel it). Wash, clean and halve the apples and remove the cores. Wash the spinach. Puree the pumpkin, apples and spinach with pumpkin seeds, water and pear juice in a blender. Pour into four glasses, stir in a stick of **spermidine**LIFE® **Boost+** into each serving and enjoy immediately.

