



The Gathered Green

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PALEO PUMPKIN BREAD

Thank you to thehealthychef.com for this recipe and asauckykitchen.com for the picture.

Ingredients

- 450 grams grated raw pumpkin
- 4 whole eggs
- ½ teaspoon sea salt
- Pinch nutmeg
- ¼ cup coconut oil (melted)
- 2 teaspoons gluten free baking soda
- 3 cups fine almond meal
- Pumpkin seeds to sprinkle on top





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Method

Preheat oven to 160 degrees Celsius (fan forced).

Combine the pumpkin, eggs, salt, nutmeg and oil into a bowl.

Add the almond meal and baking powder and mix well.

Line a loaf tin (10cm x 25cm) with baking paper at the base and the sides.

Spoon the mixture into the loaf tin and sprinkle the top with pumpkin seeds.

Bake for approximately 1 ½ hours. Check after 1 hour and test frequently until skewer comes out clean.

Remove from the oven and allow to rest in the tin for 1 hour before removing from tin.

Cool and enjoy topped with macadamia nut butter and a little raw honey. Alternatively, this bread can be enjoyed topped with avocado as a side to vegetable based soup.

Enjoy

Jane

