



## Pumpkin Loaf

12 servings

1 hour

### Ingredients

3 Egg  
3/4 cup Sunflower Seed Butter  
1/3 cup Maple Syrup  
1/2 cup Pureed Pumpkin  
3 tbsps Coconut Oil  
1/2 Lemon (juiced)  
1/4 cup Coconut Flour  
2 tsps Cinnamon  
1 tsp Nutmeg  
1/3 tsp Baking Powder  
1 1/2 tsps Ginger (grated)  
1/4 tsp Sea Salt

### Directions

- 1 Preheat oven to 350°F (177°C). Lightly grease a loaf pan or line it with parchment paper.
- 2 In a food processor, combine your eggs, sunflower seed butter, maple syrup, pumpkin puree, coconut oil and lemon juice. Blend until smooth and creamy. (Note: You can also mix by hand if you prefer.)
- 3 Add the coconut flour, cinnamon, nutmeg, baking powder, ginger and sea salt. Blend again until smooth.
- 4 Transfer the batter into the loaf pan. Bake for 40 to 45 minutes. (You can test if it is done by inserting a toothpick. It will come out clean when the loaf is finished.)
- 5 Remove the loaf from the oven and allow to cool in the pan for at least 15 minutes. Remove from the pan and let cool entirely before slicing. Enjoy!

### Notes

**Storage,** Store in an airtight container in the fridge for 4 to 5 days. If not eating right away, wrap and store in the freezer.

**Muffins,** Bake in a muffin tin instead of a loaf pan. Baking time will decrease to 30 to 40 minutes.

**Make it Sweet,** Stir in a handful of dark organic chocolate chips to the batter before baking.

**Serve it With,** A cup of herbal tea or our Pumpkin Spice Latte.