

SPICY LOW-CARB PUMPKIN LOAF



The delicious taste of fall all wrapped up in a spicy and flavourful low-carb pumpkin loaf. This is a great treat to toast up and share with the whole family.

Ingredients

- 2 cups almond flour
- 1/2 tsp salt
- 1/2 tsp pumpkin spice
- 1/2 cup low-carb sweetener of your choice
- 1 tsp baking soda
- 2 large eggs, beaten
- 1/4 cup flaxseed oil, butter or melted coconut oil
- 1 cup pumpkin puree

Directions

1. Preheat oven to 350F
2. Grease an 8x4 inch loaf pan with butter or oil or line with parchment paper
3. In a large bowl, combine the flour, salt, pumpkin spice, sweetener and baking soda.
4. Add eggs, oil or alternative and pumpkin puree and mix well.
5. Pour batter into pan and bake for 45 minutes or until toothpick comes out clean.
6. Let cool on rack before serving
7. Store in an airtight container in the fridge.