

Pumpkin Bread

- Place a rack in the center of your oven and preheat the oven to 350 degrees F. Lightly coat a 8×4-inch loaf pan with nonstick spray, line with parchment paper so that the paper drapes over the sides like handles, then lightly coat with spray again.
- In a large bowl, stir together the almond flour, kosher salt, baking soda, cinnamon, cloves, and nutmeg. In a separate bowl, whisk together the eggs, pumpkin, maple syrup, and vanilla. Make a well in the center of the dry ingredients, then pour in the wet. Gently stir, just until combined and the flour disappears. Fold in any desired mix-ins.
- Scrape into the prepared loaf pan and smooth the top. Bake for 42 to 48 minutes, until a toothpick inserted in the center comes out clean. Place the pan on a wire rack and let cool 30 minutes. Gently lift out the bread with the parchment overhang and place on the rack to finish cooling completely. Slice and enjoy!

Notes

- *Be sure to use blanched almond flour, which is finely ground from blanched almonds that have the skin removed, not coarse almond flour (often called “meal”), which has the brown skins. No other flour can be substituted, as almond flour has very unique properties.
- To make your own almond flour: Place blanched, slivered almonds in a food processor and pulse until you have a fine powder. About 1 1/2 cups of slivered almonds will yield the 1 1/2 cups flour needed for the recipe. Be sure to measure before baking. Depending upon your food processor, you may

also want to process the almonds in two batches to ensure they blend evenly.

- Store leftovers in an airtight container lined with paper towels in the refrigerator for up to 5 days. This bread tastes even better the second day, once the flavors have a chance to marry. Bread can be tightly wrapped and frozen for 3 to 4 months. Let thaw overnight in the refrigerator.

Recipe from:

<https://www.wellplated.com/paleo-pumpkin-bread/#wprm-recipe-container-33213>

Total Time: 1hr.