

Pumpkin Loaf

Loren C Dietitian

INGREDIENTS

- 400g pumpkin, skin removed and roasted
- 1.5 cups of almond meal
- 1.5 cups of self-raising flour
- 1-2 teaspoons of cinnamon
- 1 teaspoon of baking powder
- 3 tablespoons of queens sugar free maple syrup
- 4 eggs
- Handful of pumpkin seeds (plus extra for sprinkling over the top)

METHOD

1. Preheat oven to 190 degrees and line a loaf tin with baking paper
2. Once the pumpkin has cooled, mash
3. Combine the mashed pumpkin with flour and almond meal
4. Add baking powder, cinnamon, pumpkin seeds and maple syrup and combine
5. In a separate bowl, whisk the eggs and mix with the pumpkin mixture
6. Pour into the prepared loaf tin and sprinkle with extra pumpkin seeds
7. Bake for 45-50 minutes (or until cooked)