

## Pumpkin Bread

### Ingredients

- 1 1/2 c. Almond Flour
- 1/4 c. Coconut Flour
- 1 1/2 tsp Baking Powder
- 1 1/2 tsp Baking Soda
- 1/2 tsp Pink Salt
- 1 1/2 tsp Pumpkin Pie Spice
- 1 c. Pumpkin Puree
- 1/2 c. unsweetened Applesauce
- 1/3 c. Water
- 1 tsp Lemon Juice
- 3 Tbsp Coconut Oil, melted
- 2 Eggs
- 1 tsp Vanilla



### Directions

1. Preheat oven to 350 degrees
2. Grease 9x4 inch loaf pan
3. Whisk together almond flour, coconut flour, baking soda, baking powder, salt and pumpkin pie spice in a large bowl
4. In another bowl, whisk together pumpkin puree, lemon juice, applesauce, water, coconut oil, eggs and vanilla
5. Slowly add flour mixture to pumpkin mixture and stir until blended
6. Pour batter into loaf pan
7. Bake 50-60 minutes, or until cooked through and toothpick inserted in the center comes out clean.

**Healthy Tips:** Pumpkin is a cautionary item

Servings - 10

Calories per serving - 183

**ENJOY!!!**