



## GLUTEN-FREE PUMPKIN BREAD

By Dr. Cindy Tanzar  
(Maintenance)

This is a great paleo favorite from Josh Axe. 100% real maple syrup is the sweetener in this recipe. Although I wouldn't consider it low-carb, it is still paleo, as well as blood glucose and insulin friendly. Our approach at Genesis is the "Good, Better or Best Principle, depending on where you are in your plan. We can't always make the best food decisions, but there are ingredients that are good, or some better, than anything you could buy off of the shelf or make yourself with grains and sugar. When you need something special or are tempted to cheat a little, make better choices instead of falling back on your old habits.

Makes 10-12 slices.



### INGREDIENTS

- 1 c. almond meal/flour
- 1/4 c. coconut flour
- 1 tsp cinnamon
- 1/2 tsp pumpkin pie spice
- 1/2 tsp sea salt
- 1/2 tsp baking soda



3/4 c. organic pumpkin puree  
1/4 c. 100% real maple syrup or honey  
1/4 c. coconut oil  
4 eggs  
1/2 tsp vanilla extract

## **DIRECTIONS**

Preheat oven to 325°F. Mix almond meal flour, coconut flour, cinnamon, pumpkin pie spice, salt and baking soda in a large bowl.

In a separate bowl, mix the pumpkin puree, maple syrup (or honey), coconut oil, eggs and vanilla extract. Combine the wet and dry ingredients and mix.

Pour into a greased loaf pan lined with parchment on the bottom. Bake for 40-45 minutes or until toothpick comes out clean. Cool before cutting.