



Paleo Pumpkin Bake

Ingredients

- 2 cups grated pumpkin
- 4 free range eggs
- ½ cup coconut flour
- ½ cup sun-flour or almond meal
- ¼ cup melted coconut oil
- 2 teaspoons baking powder
- pinch of celtic sea salt and pepper

What to do

- Preheat oven to 180 degrees celsius
- Grate pumpkin
- Melt coconut oil
- Whisk eggs, mix into pumpkin along with the oil
- Sift dry ingredients into wet mixture and stir well
- Line or grease desired baking tin, spread mixture evenly inside
- Bake for 20 – 30 minutes until it's golden brown & a skewer comes out clean

Note: This is a very versatile recipe. You can add other grated vegetables, herbs, spices etc. Be as experimental and creative as you like with it!

You can bake as muffins, a loaf, or a flat bread. If you choose to bake as muffins, it will cook faster so cut down your baking time.

A favourite at The Goodness Kitchen is this base recipe, pressed into a large slice tin so it is quite flat, sliced and served topped with different combinations of the following...guacamole, sauerkraut, housemade pesto, chilli jam, beetroot relish, chutney, vegan mousse etc

We love it, hope you do too!