

## **Grain Free Pumpkin Bread Ingredients**

- 1 1/2 cups almond flour
- 4 eggs, preferably from pasture-raised chickens
- 1/2 cup butter and/or coconut oil
- 3/4 cup sucanat (unrefined, dried cane juice)
- 3/4 teaspoon baking soda
- 3/4 cup cooked pumpkin or squash\*
- 1 teaspoon vanilla
- 3/4 teaspoon cinnamon
- 1/2 teaspoon fresh ground nutmeg
- 1/2 teaspoon sea salt
- 1/2 cup dark chocolate chips

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1. Preheat oven to 350 degrees Fahrenheit.
2. Grease a loaf pan thoroughly with butter or coconut oil.
3. Cream together butter/coconut oil and sucanat.
4. Beat in eggs.
5. Stir in vanilla, spices, baking soda, and salt.
6. When well combined add the flour and chocolate chips, stir until combined.
7. Bake on center rack for 45-50 minutes until an inserted knife comes out mostly clean.
8. Allow to cool, slice, and serve with a tall glass of cold, raw milk.

**\*To prepare the pumpkin or squash:**

- Bake at 425 degrees Fahrenheit for 30-45 minutes, depending on the size of your gourd, directly on the oven rack. The pumpkin is done when you can easily insert a fork into the skin.
- Allow to cool for ease in handling.
- Slice the gourd in half and scoop out the seeds and stringy bits – discard.
- Scoop out the flesh and use for this recipe.
- Freeze the extras or use in another recipe.

Read more: <http://holisticsquid.com/grain-free-pumpkin-bread-with-chocolate-chips/#ixzz2XPkngvad>