



KAREN'S SPICED PUMPKIN BREAD

DRY INGREDIENTS

1 cup of walnuts (bake at 350 for 10 min)
1 1/4 cup of almond flour
1/2 cup cassava flour
1 tsp baking soda
1/4 tsp nutmeg
1/4 tsp ginger
1/4 tsp cloves
2 tsp cinnamon
3/4 tsp salt

WET INGREDIENTS

2 eggs
1/2 cup melted coconut oil
1/4 swerve brown sugar
1/3 cup granulated swerve sugar
1 can organic pumpkin
1/3 cup swerve granulated
1/4 almond milk

Icing:

1/4 cup melted butter
2 Tbs almond milk
1 tsp vanilla extract
1/2 swerve confectionery

DIRECTIONS

Combine wet and dry ingredients.
Mix walnuts in batter
Bake at 350 for 50-60 min.

SHOPPING LIST

Organic Canned Pumpkin
Almond Flour
Cassava Flour
Coconut Oil
Butter
Swerve Brown (sugar substitute)
Swerve Granulated (sugar substitute)
Swerve Confectioners (sugar substitute)
Almond Milk
Eggs
Baking Soda
Vanilla Extract
Cinnamon
Nutmeg
Ginger
Cloves
Himalayan Sea Salt