

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Paleo Pumpkin Gingerbread Cake with Maple Vanilla Frosting

From [www.theclothesmakethegirl.com](http://www.theclothesmakethegirl.com)

### Cake:

1 cup pumpkin puree (NOT pumpkin pie filling)  
1 cup almond butter  
1 Tbsp maple syrup  
1/4 cup honey  
2 large eggs  
1 1/2 teaspoon baking powder  
1/2 teaspoon baking soda  
1 teaspoon vanilla extract  
1 teaspoon cinnamon  
1 teaspoon ground ginger  
1/4 teaspoon nutmeg  
1/4 teaspoon cloves  
1/4 teaspoon cardamom  
1/2 teaspoon lemon zest

### Frosting (Optional):

1/3 cup coconut butter (You can find this at Whole Foods, or try the easy recipe listed to the side.)  
1/2 cup coconut oil  
1/2 tablespoon honey  
1 tablespoon maple syrup  
1 teaspoon pure vanilla extract

### Optional:

Pecan halves or whole almonds for garnish

### How to Make Your Own Coconut Butter:

5 oz. unsweetened coconut flakes or shreds  
1 tablespoon coconut oil, melted  
3 shakes of sea salt  
1/2 teaspoon almond or vanilla extract (optional)

### Directions:

1. Place the coconut in the bowl of a food processor and add the other ingredients. The "shakes" of the salt are just that: 3 quick wrist flicks of a salt shaker.
2. Turn the food processor on high and walk away. Seriously. Go do something else because it needs to run for 10-15 minutes. Be sure to check it around the 5-minute mark so you can scrape down the bowl. Then check it again every 5 minutes or so. You know it's done when it starts to stick together like cookie dough or is beginning to liquefy. It will solidify a bit when it's cool. Store in an airtight container at room temperature.

1. Preheat oven to 350°F. In a medium bowl, combine all the cake ingredients and mix thoroughly to combine. Pour into an 8×8 oven-safe baking dish. Bake until completely cooked through, about 30 minutes.
2. Make the frosting. Place the coconut butter and coconut oil in a small saucepan, and heat over low heat until softened (if needed). Place the coconut butter and oil in a large mixing bowl, then add the honey, maple syrup, and vanilla extract. Beat until fluffy with a standing or hand mixer. Assemble! Allow the cake to cool completely. When it's cool, you may cut it into 9 or 16 squares. Dollop a spoonful of frosting onto each square and top with a nut.
3. Chill. When all squares are frosted, cover lightly with plastic wrap and refrigerate. The frosting will firm up in the fridge and the texture transforms into a confection. Serve the cake squares chilled or at room temperature.