

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

"Paleo" Pumpkin Bread

From www.elanaspantry.com

- 1 cup blanched almond flour (You can buy large bags of this at www.honeyvillegrain.com.)
 - 1/4 teaspoon sea salt
 - 1/2 teaspoon baking soda
 - 1 tablespoon cinnamon
 - 1 teaspoon nutmeg
 - 1/2 teaspoon cloves
 - 1/2 cup roasted pumpkin, or canned pumpkin
 - 2 tablespoons honey
 - 1/4 teaspoon stevia
 - 3 eggs
1. In a food processor combine almond flour, salt, baking soda and spices
 2. Add pumpkin, honey, stevia and eggs and pulse for 2 minutes
 3. Scoop batter into a petite loaf pan
 4. Bake at 350° for 35-45 minutes
 5. Cool for 1 hour
 6. Serve

Please note: If you use a loaf pan that's bigger than the size recommended above, your loaf of bread will not "rise," it will be wider and shorter than the loaf in the photo above