



Laura's Recipe Corner

Great Recipes from Laura McKay!

Paleo Pumpkin Coffee Cake

<http://www.jaysbakingmecrazy.com/2015/10/16/paleo-pumpkin-coffee-cake/>
Modifications in red by Laura McKay, B.S., Health Educator

Prep Time: 8 minutes; Cook Time: 50 minutes; Total Time: 58 minutes; Yield: 9

Ingredients:

1/4 cup melted coconut oil
1/4 cup maple syrup
1/4 cup coconut sugar (can use pure stevia or Lakanto monk fruit sweetener for sugar free)
1 cup canned pumpkin
4 eggs
1 cup almond flour
1/4 cup coconut flour
1/2 teaspoon baking soda
1 1/2 teaspoons pumpkin pie spice
1/2 teaspoon cinnamon
1/2 teaspoon salt

Crumb Topping:

1/4 cup coconut flour
1/2 cup almond flour
2 tablespoons coconut sugar (see comment at left)
1/2 teaspoon cinnamon
2 tablespoons maple syrup
2 tablespoons coconut oil



Directions:

1. Preheat oven to 325° and line a 9x9 pan with parchment paper.
2. Make the crumb topping first: in a small bowl, combine coconut flour, almond flour, coconut sugar, cinnamon, maple syrup, and coconut oil. Mix well- it should resemble wet sand. Set aside.
3. In a large bowl, combine coconut oil, maple syrup, coconut sugar, and pumpkin. Mix well.
4. Add in the eggs and mix until incorporated.
5. Add in the almond flour, coconut flour, baking soda, pumpkin spice, cinnamon, and salt. Mix until no dry pockets remain. Pour into prepared pan and top with crumb topping.
6. Bake for 45-50 minutes.

Store in fridge after the first day.

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