

Pumpkin Ginger Bread

Ingredients

- 3 cups coconut sap sugar
- 1 cup coconut oil
- 4 eggs
- 2/3 cup water
- 1 (15 ounce) can pumpkin puree (or approximately 2 cups of cooked pumpkin)
- 2 tsp. ground ginger
- 1 tsp. ground allspice
- 1 tsp. ground cinnamon
- 1 tsp. ground cloves
- 3 cups whole wheat pastry flour
- ½ cup coconut flour
- 2 tsp. baking soda
- 1 1/2 tsp. salt
- 1/2 tsp. baking powder

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease two 9x5 inch loaf pans.
2. In a large mixing bowl, combine coconut sugar, coconut oil and eggs; beat until smooth. Add water and beat until well blended. Stir in pumpkin, ginger, allspice cinnamon, and cloves.
3. In medium bowl, combine flours, soda, salt, and baking powder. Add dry ingredients to pumpkin mixture and blend just until all ingredients are mixed. Divide batter between prepared pans.
4. Bake in preheated oven until toothpick comes out clean (about 1 hour).