

Paleo Pumpkin Bread with Chocolate Chips

The added chocolate in this pumpkin bread will satisfy any sweet tooth and best of all, it's low in sugar. Omit the chocolate and stir in some dried cranberries or raisins for a healthy breakfast option.

🕒 Prep: 15 mins Cook: 40 mins Total: 55 mins

👤 Servings: 10 slices

1x	2x	3x
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INGREDIENTS

- 1 cup canned pumpkin puree (not pumpkin pie filling)
- ¼ cup pure maple syrup
- ¼ cup coconut oil, melted
- 4 large eggs, whisked
- 1 tsp. pure vanilla extract
- 1 cup almond flour
- ¼ cup coconut flour
- 1 tsp. baking soda
- ½ tsp. baking powder
- ¼ tsp. salt
- 1 Tbsp. pumpkin pie spice
- 1 tsp. ground cinnamon
- ½ cup chocolate chips (may substitute dried cranberries or raisins)
- ⅓ cup chopped pecans

INSTRUCTIONS

1. Preheat the oven to 350°F.
2. In a medium bowl, combine all of the ingredients. Mix until just combined.
3. Transfer the dough to a greased 9 x 5-inch loaf pan lined with a strip of large parchment paper with paper hanging over the edges for easy removal. Sprinkle with additional chopped nuts, and chocolate chips.
4. Bake in the oven for 45-60 minutes for 9 x 5 pan (longer if using an 8 x 4 pan) or until the center is firm. Check the bread ¾ through the baking time, if the top begins to get too dark, lay a piece of foil over the top.
5. Remove the bread from the oven and allow it to cool for 20-30 minutes in the pan. Carefully remove the bread by grabbing onto the parchment paper and transfer the bread to the wire rack to cool completely before slicing. It's important that the bread is cooled completely before slicing.

NOTES

**A 9x5-inch loaf pan will also work but the loaf will be flatter and you will need to reduce the baking time by 5-10 minutes.*

NUTRITION INFORMATION

Serving Size: 1 slice **Calories:** 187 **Fat:** 13 g **Sodium:** 225 mg **Carbohydrate:** 14 g
(**Fiber:** 3 g **Sugar:** 8 g) **Protein:** 5 g

DIETARY

Dairy-Free **Gluten-free** **Grain-Free** **Paleo** **Vegetarian**

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