



Pumpkin Bread

3/4 cup Almond Pulp *
1/4 cup Golden Flax Meal *
1 cup Pumpkin Puree *
1/2 cup Date Paste *
1/4 teaspoon nutmeg
1/2 teaspoon cinnamon
1/4 teaspoon allspice
1/4 teaspoon cloves
pinch of sea salt

Mix all ingredients by hand and spread about 1/2 inch thick on a dehydrator tray covered with a teflex sheet. Dehydrate at 105 degrees for about 6 hours. Peel off the teflex sheet and continue dehydrating about another 8-10 hours, until firm but not crisp.

- 1) To make almond pulp, make almond milk and strain out the pulp
- 2) To make golden flax meal, put golden flax seeds into a dry blender or coffee grinder that you use only for seeds and spices and blend to a powder
- 3) To make pumpkin puree, peel and seed a small pumpkin, roughly chop the pumpkin and process in a food processor outfitted with the S blade. Process until finely chopped, it will not get a smooth texture.
- 4) To make the date paste, put pitted medjool dates in either a food processor or blender and add a little water and blend to achieve a paste.
- 5) You can also use Pumpkin Pie Spice blend in place of the separate spices.

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