

Pumpkin Apple Bake

(Paleo)

Shopping List:

- 1 cup pumpkin puree
- 3 large eggs
- 2/3 cup full fat coconut milk
- 1 large ripe banana, mashed
- 1/4 cup honey, more if desired
- 2 tsp all spice
- 3 tbsp cinnamon divided
- 1/4 tsp salt
- 2 tbsp monk fruit sweetener, optional
- 1 large apple peeled and diced (Jazz, Pink Lady, Honeycrisp, or Granny Smith)
- 1 cup chopped almonds
- 1 cup shredded, unsweetened coconut

Directions:

Preheat the oven to 350* F. Grease an 8x8 square pan with coconut oil or spray.

In a large bowl, mix the pumpkin, banana, eggs, coconut milk, honey (if using), monk fruit sweetener (if using), all spice, 2 tbsp cinnamon, and salt. Using a hand mixer, mix the ingredients together.

In a separate bowl, sprinkle remaining cinnamon on the diced apple and stir to coat. Then mix the apples into the wet ingredients. Pour into the square pan.

If you do not have chopped almonds, pulse them in a food processor. In a new bowl, mix together with the shredded coconut and remaining cinnamon. Sprinkle over the top of the pumpkin apple bake. I sprayed the top with coconut oil spray before baking, but if you're not following Paleo then you can add thin slices of butter over the top to keep it moistened. Place in the oven to bake.

Bake for 35-40 minutes (depending on oven). You will want the top to be mostly firm and golden on the top.