

Recipes serves: 10 people



## Ingredients-

### Cake-

- ♥ ½ cup **Woodland Coconut Flour**
- ♥ ½ teaspoon baking soda
- ♥ 1 Tablespoon pumpkin pie spice
- ♥ 1 Tablespoon of cinnamon
- ♥ 1 cup egg substitute
- ♥ ¼ cup coconut oil
- ♥ 2 Tablespoon honey
- ♥ 1 cup pumpkin puree
- ♥ 1 tablespoon vanilla extract

### Topping -

- ♥ ¼ cup pumpkin seeds

## PREPARATION:

1. Preheat oven to 350° F. Line the bottom of an 8x8 pan with parchment paper and spray cooking spray
2. In large bowl mix coconut flour, baking soda, and pumpkin pie spice.
3. In another bowl, whisk together eggs, coconut oil, honey, pumpkin puree, and vanilla.
4. Add wet to dry and mix well to combine.
5. Beat egg whites until thick soft peaks form. Fold gently into cake batter.
6. Pour mixture into pan and sprinkle walnuts and pumpkin seed on the top.
7. Bake for 45-60 minutes, until toothpick inserted into center comes out clean.
8. Once cake is cooled- cut into 10 slices

## Nutrition Facts

Serving Size: 1 slice (68.6g)  
Servings: 10

Amount Per Serving		Calories from Fat 60	
		% Daily Value*	
<b>Total Fat</b>	7g		10%
Saturated Fat	1.5g		6%
Trans Fat	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	150mg		6%
<b>Total Carbohydrate</b>	12g		4%
Dietary Fiber	4g		17%
Sugars	4g		
<b>Protein</b>	4g		

Vitamin A 70%      •      Vitamin C 0%  
Calcium 2%            •      Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	