

Pumpkin Cake

Low Carb, Keto and Gluten Free

Ingredients:

1 cup coconut flour
1 cup Swerve **OR** powdered erythritol plus 1/8 tsp. stevia extract
1 tsp. pumpkin spice
1/2 tsp. himalayan salt
2 tsp. baking soda
1 tsp. apple cider vinegar **OR** 1 tsp. cream of tartar
1/2 cup melted coconut oil
8 eggs, *beaten and room temperature*
1 tsp. vanilla extract
2 cups canned or fresh pureed pumpkin



Directions: Thoroughly whisk together dry ingredients in a medium sized mixing bowl (coconut flour, dry sweetener, spice, salt and soda). Add in the oil, eggs, vanilla and pumpkin. Stir until well combined. Allow to rest 5 minutes and preheat oven to 350 degrees.

I place my 9*13 pan in the oven while it preheats. Remove and lightly grease. Pour batter into pan and smooth. Bake 35-40 minutes, until lightly browned and firm in the center.

Macros: I typically cut my cake size depending on my target macros, how many people I'm serving, or what I'm eating it with. If I'm having it for breakfast with coconut butter, an egg and tea with collagen powder, I'll cut it into 9 pieces. If I'm serving it as dessert with frosting for the family, I'll cut it into 16 pieces.

I enter all my recipes into [cronometer.com](https://www.cronometer.com) to find out how my macros break down. I do not count erythritol because it is not assimilated and it does not affect my own blood sugars.

Macros are for the cake, no toppings.

16 servings: 131.3 calories; Fat- 9.5 grams; Protein- 4.5 grams; Total Carbs- 6.9 grams, Fiber- 3.4, Net Carbs-3.5

12 servings: 175.1 calories; Fat-12.7, Protein- 6.1 g; Total Carbs- 9.2 g; Fiber- 4.5 g; Net Carbs- 4.7 g

9 servings: 233.5 calories; Fat- 16.9 g; Protein- 8.1 g; Total Carbs- 12.3 g; Fiber- 6; Total Carbs- 6.3

Have fun tweaking this recipe to suit your personal preferences, and Enjoy!