



Paleo Almond Bread with Pumpkin Seeds

Toasted pumpkin seeds, or pepitas, add great texture and savory flavor to this supple bread.

Yield: one 4 x 8-inch loaf

Ingredients

- $\frac{3}{4}$ cup shelled pumpkin seeds for toasting
- 2 tablespoons whole chia seeds
- $1\frac{1}{2}$ cups (178 g) [Pamela's Almond Flour](#)
- $\frac{1}{4}$ cup raw pumpkin seeds, or seed of choice
- 2 tablespoons (13 g) [Pamela's Coconut Flour](#)
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon cream of tartar
- $\frac{3}{4}$ teaspoon salt
- 3 eggs, large, at room temperature
- $\frac{1}{4}$ cup oil
- 1 tablespoon apple cider vinegar
- Optional: 2 tablespoons honey

Directions

Preheat oven to 350° with rack in center. Spray 4 x 8-inch slant-sided bread pan (bottom measures 3.5 x 7.5-inches) with nonstick cooking spray. Line pan with two strips of parchment paper, crisscross, so about 1 inch of paper overhangs on all sides of pan. This will keep sides of bread soft and allow for easier removal of baked loaf from pan. Spray one more time with nonstick cooking spray.

Put $\frac{3}{4}$ cup pumpkin seeds on baking pan and toast in oven for 6 to 8 minutes, until golden brown and making tiny popping sounds. Once toasted, divide seeds into $\frac{1}{2}$ cup for batter, $\frac{1}{4}$ cup for top of bread; set aside.

Soak chia seeds in 6 tablespoons water to plump; set aside.

In food processor or blender, process or blend Almond Flour to a finer consistency, then add $\frac{1}{4}$ cup raw pumpkin seeds or seed of choice, and process/blend to a coarse meal. Put it into a large bowl, then add Coconut Flour, baking soda, cream of tartar, salt, and $\frac{1}{2}$ cup toasted pumpkin seeds; whisk to combine.

Beat eggs in medium bowl, then add oil and vinegar, and honey (if using) and mix again. Pour egg mixture and chia seeds into flour mixture, and mix together with a wooden spoon. Batter will be very thick, so make sure it is all mixed well.

Scoop batter into loaf pan and even out the dough. Sprinkle top with remaining $\frac{1}{4}$ cup toasted pumpkin seeds. Bake for 40 to 50 minutes, until a long toothpick or thin skewer inserted near

center comes out clean. After it comes out clean, bake 2 to 3 more minutes to prevent a soft spot in the center near the top. Bread will be pulling away from the sides of the pan. Cool in pan on rack 20 to 30 minutes. Remove by lifting out with parchment paper.

Serve warm, room temperature, or toasted. This bread stays moist for about 3 days; it keeps best wrapped in parchment paper, inside an open plastic bag.

NOTE: A small, slant-sided pan is specified to make the tallest loaf possible. A wider pan will work, but will make a shorter loaf.