



Keto Pumpkin Apple Bread

Recipe adapted from Fire Team Whiskey Keto Pumpkin Bread
<https://fireteamwhiskey.com/posts/2019/10/22/keto-pumpkin-bread?rq=pumpkin>

Ingredients

1 1/2 cups almond flour

7 egg whites

4 egg yolks

1/4 cup unsweetened coconut milk

3 tbsp coconut oil

1/2 cup organic unsweetened pumpkin puree

OPTIONAL: 1 tsp of your choice of liquid sweetener alternative (we suggest monk fruit or stevia)

1 tbsp pumpkin spice

1 tsp cinnamon

1 tsp clove

1 tsp baking powder

½ tsp baking soda

1 tsp vanilla extract

1 chopped apple

Directions

1 Preheat oven to 375°F and grease a bread pan.

2 You will need three separate bowls for this recipe:

- In bowl #1, add all dry ingredients, mix, and set aside.

- In bowl #2, add egg yolks, coconut milk, coconut oil, liquid sweetener alternative and pumpkin puree, vanilla, mix and set aside.

- In bowl #3, whip egg whites until peaks form (around 2 minutes)

3 Add contents of bowl #2 to bowl #1 and mix well.

4 Stir chopped apples into batter

5 Fold egg whites into bowl #1 and mix until batter has formed.

6 Pour the batter evenly into the bread pan.

7 Bake for 30 minutes or until done.

Note: To check if it is done, insert a toothpick into the middle. If it comes out clean, it is done.

8 Allow the bread to fully cool before cutting into slices.